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, Suite 300
Juneau, AK 99801

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

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

www.sailinc.org

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Deaf Community News
By Pam Mueller-Guy

Deaf & Interpreter Support Group

• First Friday of the month from 6 to 7 pm. Note: the location has changed to the valley Bullwinkles!
• Third Saturday of the month Deaf Coffee from 10 to 11 am at Mendenhall Mall Road, in the Heritage Coffee Cafe (across from Mendenhall Mall).

Your Input Needed!
We need some new activity ideas for our Deaf Coffee gatherings for the next three months. For instance, we could go hiking at the glacier, exploring at Eaglecrest, or walking at Twin Lakes, etc. Please contact Pam Mueller-Guy with your suggestions.

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. If you need any assistance with adaptive technology for people with disabilities, you can 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

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

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!

In Honor of... In Memory of...

Did you know that you can make donations to SAIL in honor of someone? Recently, SAIL received four donations in honor of Jeff Douglas. Our thanks to those who generously gave in honor of Jeff.

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.
**ORCA**

The Sitka ORCA program kicked off the new year with some great activities! In February, we had a picnic and hike at Herring Cove. Participants bundled up and ate on a bench next to a waterfall. One participant brought a portable radio, which made for some fabulous background music! Before going on a hike, we had a discussion about what it means to “leave no trace.” The sun peeked its head through the clouds as we walked on a road next to the beach. We commented how nice it was to get some exercise before hopping back on the bus and heading home.

Our Blatchley Middle School adventure group said the Starrigaven cabin dinner extravaganza was the best activity yet! Once we arrived at our destination, we built a fire and unloaded our gear. We then took advantage of the sunlight and went for a hike on the boardwalk and along the river. Soon, our stomachs growled and the sun set. We returned back to our cozy cabin and played games while making dinner. Spaghetti was a big hit, and everyone ate their fill. When it was time to go, all participants expressed wishes to come back again for an overnight!

**Important Taxi Voucher Update**

Taxi Vouchers are available to purchase at the 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 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 June 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!

**JUNEAU OFFICE CHANGES CONTINUE!**

Those of you who have visited the Juneau SAIL office recently have witnessed our growing pains. Many changes are afoot. We also uploaded a program on her computer so she can now check her e-mail and browse the web without any assistance.

SAIL in Sitka has made big steps collaborating with other social service agencies in town. We have been working closely with the Division of Vocational Rehabilitation, the Division of Public Assistance, and Braveheart. Collaboration is a core value of SAIL and enables us to serve our consumers more efficiently and effectively.

**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 we all can use!

This quarter, SAIL/ADRC staff completed certification from the Alliance of Information and Referral Systems (AIRS). This is an intensive training for learning how to assist a person in finding the right resource for a specific need. This certification including testing on the content of the Older Americans Act and Olmstead Act, will enhance SAIL’s stellar services!

**JUNEAU OFFICE CHANGES CONTINUE!**

**AARP AND SAIL JOIN FORCES**

Ann Secrest, Director of Communications of AARP Alaska, joined Sara Boesser, Aging in Place & Accessibility Specialist for SAIL, on a half hour TV program on 360 North titled “Home Modifications for Aging in Place.” That program aired Thursday, April 1, 9:00PM & Friday, April 2 at 7:00PM. 360 North airs on cable channel 18 in Juneau, and statewide on channel 15.

**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

**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, with your name and email address, and we’ll get you added! Please be sure to put NEWSLETTER in the subject line.

**THIS NEWSLETTER IS ALSO AVAILABLE IN ACCESSIBLE FORMATS UPON REQUEST. PLEASE CONTACT ANY SAIL OFFICE TO REQUEST AN ALTERNATIVE FORMAT SUCH AS BRAILLE OR LARGE PRINT, OR YOU CAN DOWNLOAD IT FROM OUR WEBSITE AT: WWW.SAILINC.ORG**

**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, with your name and email address, and we’ll get you added! Please be sure to put NEWSLETTER in the subject line.
Disability Advocates and Supporters Honored at Southeast Alaska Independent Living Community Appreciation Dinner

The Ketchikan Community gathered with family, friends, and supporters on Friday, January 15, to honor advocates for disability issues and businesses that support employment of people with disabilities while enjoying keynote speakers Jessi Chapman and Jos Govaars, Sr.

“People who experience a brain injury are still your loved one, neighbor, or friend… they may not talk the same or respond exactly the same, but we are still the person you knew before,” Chapman told the audience.

Three awards were presented during the evening, and First Bank representatives made a surprise donation of $10,000 to expand SAIL’s Home Modifications for Aging in Place (HomeMAP) program. The HomeMAP program in Juneau has helped many senior citizens live independently in their homes.

For the Jerry Kainulainen Disability Advocate of the Year award, Bess Clark, Community Connections Executive Director, was chosen by last year’s award winners for her efforts beyond the scope of her work to advocate for independence for people with disabilities. Community members Ed Zastrow and Rebecca Valentine were also nominated for the award for their advocacy efforts during the past year.

Last year’s winners also chose Shaub-Ellison Tire Company as Disability-Friendly Employer of the Year in memory of Alice Rocke for their efforts to create a natural support system for a new employee, relying on job coaches to assist him in learning new skills. Ketchikan Pioneer Home, Ketchikan General Hospital, and the Great Alaskan Lumberjack Show were also nominated for the award.

SAIL also recognized KJ’s Raven’s Roost as Small Business Donor of the Year Award. Pam Roth, of the Ketchikan Homebuilders’ Association and SAIL Board Member Mary Gregg proudly displays the generous award SAIL received from First Bank to fund the HomeMAP program.

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 Program Representative Bob Price @ 586-5717.

ADAPTED AQUATICS ADULT SWIM

Augustus Brown Pool is pleased to offer a dedicated Adapted Aquatics Adult Swim time. Their warm water pool is the perfect pool 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
April 5-May 19
$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.

REOUIRED MODIFICATIONS:
- Wide and gradual steps and a railing lead back from the deck down into the pool
- A manual chairlift is available
- A ramped area was recently added to the entrance/exit of the pool

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.

Legislative Update

The whirlwind 90-day session of the 26th Alaska State Legislature is flying by; slated to wrap up on April 18, 2010. If you hurry, it’s not too late to have your voice heard on issues dear to you. Senior and disability advocates continue to track a number of bills.

Here’s a reminder of how you can get involved in the legislative process:

- Go to http://www.legis.state.ak.us/basis

Bills to watch (Senate Bill = SB; House Bill = HB):

- SB 13: Denali KidCare. Raises the eligibility level for children and pregnant women to qualify for Denali KidCare from 175% to 200% of the federal poverty level
- SB 32: Medicaid Rate Review. Proposes to create a mechanism for regular review of Medicaid rates paid to providers of home and community-based services
- HB 89/SB 83: Vocational Rehabilitation Committee. Name change
- SB 109: Repeal High School Exit Exam
- SB 199: Medicaid Coverage for Dentures
- SB 219: Establishes Traumatic Brain Injury program and registry
- SB 221: Legislative Task Force on Higher Education
- SB 238/HB 270/286: Medicaid for Medical and Intermediate Care. Changes eligibility threshold for Medicaid long-term services

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FOR MORE INFORMATION - CALL AUGUSTUS BROWN POOL AT 586-5325.
The Juneau Low Vision Support Group (JLVSG) continues to meet from 1-2pm on the 4th Tuesday of each month at the Mountain View Senior Center. At these meetings, attendees have been able to try out and order assistive devices that may be helpful to them. They also share tips on what works and what doesn’t - in their effort to maintain independence.

SAIL facilitator, Linni Esther, has assisted several to sign up for the National Association for the Blind’s NewsLine, which will allow them to call in to hear articles read from selected magazines.

In mid-February, Kara Hackney and Kimala Rein from the Alaska Center for the Blind & Visually Impaired (ACBVI) in Anchorage flew to Juneau and instructed visually impaired SAIL consumers in the proper selection and use of white canes for greater mobility. As a result, several have ordered canes. Be alert to users of white canes, wherever you are. They are a courageous and adventuresome group!

Our ORCA program kicked off 2010 with some great activities. We’ve been swimming, cooking, made Valentine’s Day crafts for the seniors at the Pioneer Home, and had a movie night. Some community events that we have attended are The Sweet Second Saturday Dance and The Wearable Arts Show (where two of our consumers were models!). We also managed to have a bonfire on what turned out fortunately to be a very beautiful January afternoon.

Coming up this month, ORCA will be doing yoga, have a native knot tying class, and a picnic on Buggy Beach for Spring Break. We are looking forward to the springtime and many more outdoor adventures!

The Tlingit and Haida Central Council hosted a well-attended workshop Friday, March 19th at the ANB Hall in Juneau. Participants were offered a variety of resources available to ease the responsibilities of family caregivers, spouses, sons and daughters, grandchildren, and neighbors or friends of elders.

Danielle Lindoff, an Independent Living Specialist with SAIL, signed up some elders for our Taxi Voucher program, which allows them to purchase discounted vouchers that can be used anywhere on the Juneau road system, and Paddy Stoy, Juneau ORCA Activity Coordinator gave a short presentation on SAIL services that was well-received.

Members of Alaska Legal Services were on-hand to provide consultations; there was a native panel on traditional foods and healing, memory screenings were available, and various agencies manned tables to provide information on the array of services they provide, including SAIL - which was a very popular booth! Many elders and their caregivers stopped by our booth to speak with SAIL staff who demonstrated the following adaptive technology devices:

- Easy-to-use jar openers, as well as one that is electric!
- Sock Aid Pull-ups (one with ropes and a wire-frame model)
- Door Alert Button (these can help people with low-vision or hearing loss)
- Grabbers (we have quite a variety of styles)
- An Automatic Blood Pressure Monitor
- A CCTV which allows the user to greatly magnify anything, including documents
- A Walker
- Noir Glasses, some which are worn over regular eyeglasses and can enhance contrast

Pictured below: Independent Living Specialist Danielle Lindoff, demonstrating adaptive technology available from SAIL’s Loan Closet.
SAIL’s HomeMAP project gratefully received a $10,000 donation from First Bank!!!

Juneau’s HomeMAP Team has taken their show on the road!

In late February, at the invitation and persistent encouragement of the Southeast Alaska Building Industries Association (SEABIA) in Ketchikan, along with transport donations from Northland Services and Alaska Marine Lines, Sara Boesser and Linni Esther took HomeMAP on the road. They packed a U-Haul truck with their booth structure, their demonstration assistive devices, and photo boards, and shipped it all off to Ketchikan.

They flew down a couple of days later and dropped into a whirlwind of PR work to promote the concept of preparing to “Age in Place!” They participated in radio interviews, presented at the local AARP monthly meeting, and gave a panel presentation at the Cape Fox Lodge.

With the help of several volunteers, the HomeMAP booth was set up at the Southern Southeast Trade Show and Sara and Linni took turns with others from SAIL-Ketchikan to staff the booth. During the trip, the team was gratified that at least 100 people were exposed to the “Home Modifications for Aging in Place” concept, a number of them contractors. An additional HUGE benefit to SAIL was that a sauna, constructed by the Ketchikan High School shop class was raffled off during the trade show and the benefits, $4,000 - were donated to SAIL by SEABIA!

After the show was over and the booth and gear repacked in the U-Haul and off to the barge lines, the team provided four HomeMAP surveys while training Ketchikan staff in the HomeMAP process. Staff from SAIL Ketchikan, -- Kevin Gadsey, Cat Ivie, Eric Chase and Ruth Dunlin -- plus willing volunteers were an integral part of all of the above flurry of activity.

Once back in Juneau, the weary HomeMAP team advertised our presentation on KTOO in an interview with Jeff Brown, retrieved the U-Haul truck, and again with the help of wonderful volunteers set-up the HomeMAP booth for Juneau's Home Show, March 5-7. In Juneau, SAIL co-sponsored the booth with AARP and Southeast Senior Services.

The Saturday morning panel presentation in the Hammond Room included Physical Therapist Sara Stekoll from Juneau Bone & Joint, Julie Dyer from Southeast Senior Services, and Doug Fanyak, Sara and Linni from SAIL-Juneau. Those attending were offered tips on staying mobile and healthy at home, as well as lots of suggestions for fall prevention. Many assistive devices were demonstrated and suggestions were offered re: where to look for grant funding to support modifications for low-income folks. AARP volunteers thankfully staffed the booth for most of the Juneau Home Show!

Regardless of the lack of snow at sea level, Snow Sports was the theme for ORCA this winter. Wherever the snow went, so did ORCA…

Ski and Snowboard Lessons were a huge success thanks to a great partnership between ORCA and Eaglecrest! Nearly fifty people carved turns, rode chairs, explored Eaglecrest Ski Area, and eight instructors received their PSIA Adaptive Certification.

For those who don’t like speed… Our Young Adventure Club hit the Mendenhall Campground this winter to try out cross country skiing. Cool temperatures, cooler views and fast snow made for great skiing! The Middle and High School Adventure Clubs strapped on snowshoes and trekked through fresh snow in early March. Needless to say, snowshoes didn’t slow us down as the snowballs were a-flyin’!

Spring forward with ORCA! Spring is packed with exciting activities for all ages. We are planning trips to the Avalon Therapeutic Horse Riding Stables, conducting a spring “Get Fit!” fitness course, and holding Earth Day activities at the end of April. Call ORCA at 586-0104 to sign up!

Thanks to our friends at Allen Marine, ORCA’s annual spring Whale Watch will be May 29th from 1-3pm. Tickets are $35 and are first come, first serve. This is open to all SAIL consumers, as well as friends, family and community members. Call the ORCA office at 586-0104 to reserve your spot!