PICK.CLICK.GIVE., SAIL and YOU!
Giving has never been so easy

We would like to extend a huge THANK YOU to everyone who contributed to Southeast Alaska Independent Living (SAIL) through their 2010 Permanent Fund Dividend. Forty-four Alaskans contributed a total of $2,225 to SAIL. These funds help promote personal independence throughout Southeast by providing seniors and people with disabilities the tools they need to live independently in the community of their choice, the chance to take part in fun and exciting outings, and other on-going resources and support through our involved and caring staff members.

Last year the PFD Charitable Contributions Program was a tremendous success, raising nearly one million dollars for Alaskan nonprofit organizations! Thanks to the fact that the Rasmuson Foundation is covering all of the administrative costs, 100% of funds donated by individuals go directly to the organizations they have selected.

Please think of SAIL and our important mission as you file for your 2011 PFD in January by donating whatever your financial situation allows. When you complete your online application, you will be given the opportunity to participate in Pick.Click.Give. Search for us by name, Southeast Alaska Independent Living, we are located in Judicial District 1. Click and follow the instructions to make a new donation, or an additional gift. Additional information on this program can be found at www.PickClickGive.org or by calling us at 907-586-4920. Thanks again!

If you are on a Medicare Part D plan, open enrollment is November 15 through December 31.

Each year, instructions on how to change plans, compare your drug plan options, and more information is available through Medicare: 1-800-MEDICARE (1-800-633-4227), or contact your local Office on Aging, or your State Health Insurance Assistance Program: 1-800-478-6065.


You can also contact Jeff Irwin at the Southeast ADRC by calling 586-4920 or 1-800-478-7245.
Deaf & Interpreter Support Group
- **First Saturday** of the month from 6-7PM at the valley Bullwinkles.
- **Third Saturday** of the month *Deaf Coffee* from 10-11AM at Heritage Coffee Cafe on Mendenhall Road (across from the Mendenhall Mall).

Invitation
The deaf community, family and friends are invited to join Laurence Wainwright, the American Sign Language (ASL) Teacher from UAS on the Second Saturday of the month at the new Rookery Café downtown from 6-7PM, where we will practice ASL. Everyone is welcome, so please join us! If you need to contact Mr. Wainwright, his email is: bach86@aol.com

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

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?
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.

The Independent Living movement, as well as SAIL, lost a powerful advocate with the recent passing of Merle Ritter. Many people with fond memories of our dear friend submitted donations and we sincerely thank those who gave generously.

SAIL wishes to send condolences to family and friends of Olive Landon, who passed away this fall. Olive was an amazing person and energetic member of the Juneau Low Vision group. SAIL staff remember Olive as a sassy and spunky lady, willing to share her opinion and stories with the group. She will be greatly missed.
It's that time of year for all of us to put on our advocacy hats again. As the Alaska state legislature starts next session, the Mental Health Trust (www.mhtrust.org) and the various councils, committees, and boards around the state (including the State Independent Living Council) have created some talking points regarding two important issues for advocates to use when visiting our legislators this year.

Did you know that the state of Alaska spends more than $600 million on Medicaid services for about 100,000 Alaskans? The federal government matches that money with $850 million in federal funds! That may seem like a lot of money unless you consider that the population of the state is slightly less than 700,000. In addition, more than 35,000 Alaskans worked in the health care and social assistance fields; that number is expected to grow by 10,000 jobs in the next seven years.

Legislators and government officials are always looking for ways to cut the costs of such expensive programs, and to make sure all the money is used effectively as possible. When you speak to your legislator this winter, be sure to encourage them to continue funding Medicaid in an effective manner. Encourage them to fully fund home and community-based services (including the rising personal care assistance rates) so that people with disabilities can live in their own homes rather than nursing homes!

So you might be thinking here, "What's new? Disability groups are always asking for full funding of Medicaid. I want something specific to ask my legislator to do this year, one request that will really impact people with disabilities in the state of Alaska." If that is what you are thinking, then this is your year to make a difference.

Did you know that Alaska is one of three states that DO NOT receive federal assistance with operational costs of public transportation? 47 states each receive millions of dollars in operational funds for public transportation, but Alaska doesn't get that federal money because the State doesn't provide Operational Funding for Bus systems. Tell your legislators that you want the State to consider providing the $3 million minimum to leverage increased funding from the federal government. If the state provides the $3 million and the federal government provides more, then the local transit systems can increase service, and that benefits everyone! You can read more about Public Transportation issues at www.alaskamobility.org!

So, research the issues, and then make a difference for yourself and your community by getting involved. Write a letter to the editor or contact your legislator to create change. Also, check in at sailinc.org and SAIL's Facebook page for more information regarding these and other important advocacy issues for our State and Region!
HOME MODIFICATIONS FOR AGING IN PLACE

Update from the HomeMAP Team

Sara and Linni presented information about SAIL's HomeMAP (Home Modification for Aging in Place) program at the 2010 ACCESS Conference, a comprehensive forum for access and universal design issues in Alaska, held in Anchorage at the end of September 2010.

Above Right: Photo of Linni demonstrating UV shield overglasses, which are very helpful for improving vision by cutting glare.

Below: Photo of Sara demonstrating the importance of installing only grab bars that extend 1.5” from the wall. With this style, an arm cannot slide between the grab bar and wall, and result in injury. Grab bars that have exactly 1.5” to the wall meet ADA, and are safest for everyone. If the space between the bar and the wall is more than 1.5”, then during a fall a person's arm can slip behind the bar, and bad sprains or broken arms can result. Bars closer to the wall can catch knuckles and cause injury that way. So, for greatest safety, only install grab bars with the ADA 1.5” clearance to their attachment wall.

Right: Photo of Linni and Sara receiving an Award for Housing Access from Andi Nations, Executive Director of the Statewide Independent Living Council.

Andi particularly remarked on the ingenuity of the SAIL HomeMAP team's approach to helping people live in their own homes as long and as safely as possible.

From the desk of the ADRC

Back on the Ball: As many of you know, Doug Fanyak, ARDC Coordinator for Southeast, has left SAIL to pursue other interests in Switzerland. He has been replaced by former IL Specialist and former SAIL Board member, Jeff Irwin. "It is great to be back at SAIL. I look Alaskans and Alaskans with disabilities their communities." Irwin has been in subsistence life style. "I have been sure those out in Gustavus who I felt could the word." In his office he uses a big red exercise ball as an office chair. "I would say I'm back in the saddle, but instead I'm back on the ball..." Feel free to contact Jeff to discuss your independent living needs and he will do his best to assist you in maintaining your independence.
ADRC continued:

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.

SAIL’s 20 Year ADA Celebration a Success through-out Southeast!

Every year SAIL hosts a variety of activities in October to highlight Disability Employment and Awareness Month. This past October we went big in honor of the 20 year anniversary of the American’s with Disability Act (ADA).

With the help of Allen Marine, Alaska Marine Lines, Wells Fargo and Shattuck and Grummett, SAIL was able to bring Marty Mimmack, a disability rights advocate and motivational speaker from Hawaii, to speak at three community events (Sitka, Ketchikan and Juneau) and host four school assemblies (Shoenbar Middle School in Ketchikan, Blatchley Middle School in Sitka, Gastineau Elementary School and Dzantik’i Heeni Middle School in Juneau) during the first week in October. By the weeks end, Marty had presented Character Education through Disability Awareness to over 800 students. His presentation was designed to teach confidence, acceptance, respect, responsibility, perseverance and understanding of people with disabilities.

Ketchikan and Sitka both hosted free Community Appreciation Dinners. Both of these events were hugely successful and we are hopeful that all attendees had a good time and came away with a better understanding of the disability rights movement, who we are and where we have come!

Marty’s last stop was in Juneau to speak at SAIL’s Annual Dinner and Auction held at Centennial Hall. This was a sold-out event and a very successful fundraiser earning $23,769 to help SAIL accomplish its mission! Thank you so much to all of the businesses and individuals who made this event such a huge success. Events like these could not be possible without the huge outpouring of support (volunteer, in-kind, and cash contributions). A special thanks goes out to Printing Trade Company, Alaska Grafix, Alaska Laundry and Dry Cleaners, Fairweather Vacation Rentals in Sitka, Cape Fox Lodge in Ketchikan and the Goldbelt Hotel in Juneau - you guys rock!

Congratulations to Allen Marine for being the recipient of the Accessibility Advocate of the Decade award! SAIL recognized Allen Marine (in all three communities) for setting high standards for marine vessels accessibility and providing a disability friendly environment to both passengers and employees.
The 3-day kayak trip to Berner’s Bay was a successful challenge for all those who participated, and the hikers on our Peterson Lake Cabin backpacking trip were rewarded with a beautiful sunset that night!

The second film, *Blindsight*, is the story of 6 blind Tibetan youths and their attempt to climb Everest. Additionally, quite a few high schoolers took advantage of the opportunity to participate in job shadows throughout the month.

**National Disability Employment Awareness Month** was in October, and SAIL partnered up with The Canvas to show two films for the community which were very successful. The first, *Temple Grandin*, was an HBO film that documented the diagnosis and early life of a woman with autism in a time when autism was not well understood.

The second film, *Blindsight*, is the story of 6 blind Tibetan youths and their attempt to climb Everest. Additionally, quite a few high schoolers took advantage of the opportunity to participate in job shadows throughout the month.

**Adventure was the key word** with our Middle Adventure club and our Adventure club…literally! Between ziplining, and the ropes course at SAGA, our middle and high schoolers were pushing their limits, and having a blast doing it! Meanwhile, our Young Adventure club has been exploring up a storm with scavenger hunts and glacial hiking.

**Cultural awareness is the name of the game** for Healthy Choices, which has been touring the First Friday gallery walk, as well as attending the JACC Halloween Concert, in addition to their usual social and recreation events.

**Variety was the theme** for our JAMHI (Juneau Alliance for Mental Health, Inc.) consumers. We did recycled art projects, played indoor mini-golf and went on some beautiful outdoor exploration walks.

**Don’t Miss Out…** Beginning in January, ORCA will be providing adaptive ski and snowboard lessons at Eaglecrest every weekend through March. So dust off those boards, tighten those bindings, and give us a call if you plan on skiing or snowboarding with us.

**Volunteer with ORCA!**

Come VOLUNTER with ORCA at Eaglecrest and earn a FREE lift ticket to ski/snowboard another day! For more information come to:

**Volunteer Info Night on Thursday, Dec. 16th at 6:00pm @ The Rookery, 111 Seward St.**

Visit our website at www.sailinc.org/orca; or contact ORCA at (907)-586-0104; or you can email lhalvik@sailinc.org. Come help us make winter snow sports a possibility for all ages and abilities!

Attention ORCA skiers and snowboarders: ORCA is introducing new lesson formats and pricing for the 2011 winter season. Learn more: **Dec. 20th at 5:30pm @ Downtown Juneau Public Library.**
ArtAbility: Experiences with Disability in Southern Southeast Alaska

The ArtAbility show returns with “Further Explorations!” The show that started it all in 2007 was a powerful experience for all participants and a showcase of individual perspectives given a new voice through the arts - definitely something worth more exploration! The ArtAbility project is returning, and we are thrilled to again be partners in creating another amazing experience. This exhibit will provide opportunities to explore new mediums and practice visual expression, and increase awareness and understanding. Plus, it celebrates the power of the arts as a powerful language that can help us communicate what often cannot be said in words.

The show was envisioned by Community Connections in partnership with Southeast Alaska Independent Living (SAIL), Ketchikan School District and Ketchikan Area Arts & Humanities Council, and includes not only an art exhibit, but several workshops and classes for artists to experience new mediums. Professional artists and teachers in the community act as mentors, leading workshops, hosting classes, and guiding new experiences. ArtAbility was envisioned as a forum to discuss the experience of living with disabilities in our communities through pieces created by artists who have disabilities and caregivers, family members, and friends of people with disabilities. Art of all kinds provides a new mode of expression!

This exhibit will be displayed during March 2011 at the Main Street Gallery in Ketchikan. Pieces will be accepted from communities in Southern Southeast Alaska, including Ketchikan and surrounding areas, Metlakatla, and Prince of Wales Island. All are welcome to submit up to two pieces.

The exhibit opens March 4th with a free opening reception and celebration. The deadline for art entries is February 21st. Contact KAAHC at 225-2211 or Cat Ivie 225-4735 for more information.

During the past few months, ORCA has done a variety of activities such as exploring Gravina Island, swimming, playing outdoors, and attending Cinderella. The group is making it a yearly tradition to prepare and serve dinner for the Manor, a local assisted living home. The group plans, shops, cooks and eats the meal with the residents. Coming up, ORCA will be planning some art days to create art that can be submitted to the ArtAbility show coming in March.
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 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.

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**Annual Campaign: Where You Make the Difference!**

SAIL will be kicking off our annual campaign at the beginning of the new year and I want to take this opportunity to let you know the importance of this particular fundraising effort and how it helps SAIL continue to: **Inspire Personal Independence for all.**

**What is the annual campaign?** This is the donation you make to SAIL each and every year because you believe in the mission and the good work that is being done. Our campaign goal this year is $10,000. Some donors give $10/year while other can give more. Every dollar really does count!

There are several ways in which an individual can give to SAIL. We are particularly excited about Pick.Click.Give! (see article on cover page) When you complete your PFD online application, you will be given the opportunity to donate a portion to SAIL. Search for us by name, **Southeast Alaska Independent Living.**

- Donate to SAIL securely online at: [www.sailinc.org](http://www.sailinc.org)
- **Donate to SAIL by check or credit card, you will receive a letter in the mail in January with an enclosed remittance envelope**
- **Donate by schedule a recurring credit card payment for as little as $10/month**

Make a gift in memory or in honor of someone special and we will send acknowledgment and our thanks to anyone you specify, as well as, honor them in our quarterly newsletter.

*If you are interested in contributing in other ways, SAIL is always seeking volunteers and other in-kind contributions.*

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**Would you like to give a gift to SAIL that doesn’t cost you anything?** Ask us about planned giving? Don’t have a will? SAIL can help. Contact Sierra in our Haines office for more information: 907-766-3297 or sierrakaden@sailinc.org
News from the Chilkat Valley:
We’ve had a very busy fall here in Haines. We are currently providing Independent Living Services to 29 seniors and people with Disabilities!

Vocational/employment services continue to be in high demand in Haines. We are working with several youth who are transitioning from school to work, as well as, people with disabilities who would like to return to work. SAIL helps with everything from skill development, on the job support, to job placement. Often people would like to work, but can not risk losing their social security benefits. SAIL has certified benefit specialists on staff who can help you understand your benefits and how employment will affect them. We have enjoyed a great working relationship with the Division of Vocational Rehabilitation and the Haines School District, REACH, Lynn Canal Counseling, and local businesses as we continue to develop this needed service in Haines.

SAIL and the Alaska Center for the Blind and Visually Impaired (ACBVI) have partnered to put on a 3-day low vision clinic in Haines and Klukwan. Debra Gilley, a certified low vision specialist and a certified orientation and mobility specialist from the ACBVI conducted one-on-one assessments with folks who experience low vision on December 3rd-5th at no charge. She brought 3 giant suitcases of all the most current low vision technologies and a whole lot of experience helping people with low vision attain their independent living goals. SAIL would like to thank the SEARHC Haines Clinic for all of their efforts in making this low-vision clinic a success.

A huge THANK YOU goes out to Chilkat Valley Community Foundation, The Douglas Dornan Community Foundation, The Alaska Community Foundation and the Haines Chamber of Commerce for recognizing the value of SAIL’s services and supporting the Haines Consumer Service Fund. The Haines Consumer Service Fund is one of our most popular services and has a direct and significant impact on people’s lives. The Consumer Service Fund assists individuals to purchase assistive technology, home modifications and/or training that will allow them to remain as independent as possible and increase their quality of life.

And finally, the really exciting news from Haines is the addition of our newest Independent Living Specialist, Amber Long, who would like to introduce herself. “I would like to greet you all. This is the horrifying moment of trying to figure out what to tell about myself. I am originally from Ketchikan but moved to California for many years. After becoming a mother of two I moved to Haines in 2009 and started working with REACH, which I have enjoyed a lot, and the area of work compliments my studies of nursing. Things got interesting when I was hired to work with Sierra just upstairs from the REACH office. She has a wonderful energy that makes working completely enjoyable (as I am sure you all know.) You will find me to be like most Alaskans: cheery, adventurous, and of course durable (like Extra Tuffs.) I look forward to becoming acquainted with everyone!”
OFFICE UPDATE:
SAIL is happy to introduce our new Sitka Program Director, Phyllis Hackett! Phyllis is a long-time Sitkan and brings an incredible amount of knowledge regarding community resources, office management, and local government to SAIL. We could not be more excited to have Phyllis on board!

COMMUNITY EVENTS:
Sitka’s Community Appreciation Dinner at the Larkspur in October was a blast. It was so inspirational to see the great amount of support for SAIL in Sitka and we greatly appreciate all who attended. Our consumers really enjoyed being around our greater SAIL community and we are so grateful for the support.

ORCA:
Sitka’s ORCA programs are continuing to expand and grow to better meet the needs of our community. ORCA has two developed programs in Sitka as of right now: Open and YAS. Our Open group is available to anyone with any disability. In the past couple of months we have gone on trail walks, visited the Fortress of the Bear, made clay creations, visited local coffee shops, watched the Great American Circus, and much more! Our YAS (Youth Advocates of Sitka) group is open to YAS youth. We have had a couple of cooking classes, had a picnic on the beach, went to a concert, and played many games. ORCA in Sitka is in the process of reinstating a SOAR (Senior Outdoor Adventure and Recreation) Program. We are working in partnership with the Pioneer Home and hope to begin activities in January. Those activities will include picnics, playing cards in the community, going for walks, and all sorts of crafts. For information on any of our ORCA programs in Sitka, please contact Gina Graziano (Jesuit Volunteer) at 747.6859 or ggraziano@sailinc.org.

Independent Living:
Our staff in Sitka is constantly humbled by the proactive attitude of our consumers to live more independently. We have had a significant increase in new consumers in the past couple of weeks and are glad to be working with so many encouraging people. Additionally, we always remain available for loan closet rentals, Assistive Technology Equipment, Sign Language Support Group information, and general information and referral.

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!
This Day of Caring crew of United Way volunteers led by SAIL staff member Linni Esther, included Andrew, Nicole, Jennifer, Brenda, Anne, and Pete. Together, they worked WONDERS at SAIL consumer Charlotte's home! Projects included sorting, cleaning, organizing, laundry, laying tiles, disposing of stuff and rounding up firewood. Whew! It was a very busy 4 hours!!!! Much Appreciated!

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.

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CHANGE SERVICE REQUESTED

CALENDAR of EVENTS

- January 12-14.......... State Vocational Rehabilitation Committee (SRC) meets in Anchorage
- January 14............. All SAIL offices closed for staff retreat
- January 17............. All SAIL offices closed in observance of Martin Luther King, Jr. Day
- January 19-20......... Alaska Traumatic Brain Injury meets in Ketchikan
- January 30-February 1..Suicide Prevention Council meets in Juneau
- January 31-February 2..Alaska Statewide Independent Living Council (SILC) meets in Juneau
- January 31, 5-6pm..... SILC Public Testimony in Juneau or by phone: 1-888-354-0094 code 1647304#
- February 21.......... All SAIL offices closed for Presidents Day holiday
- March 8-10............. State Vocational Rehabilitation Committee (SRC) meets in Juneau