



# Gratitude 2021 Report

## Southeast Alaska Independent Living

Annual Report to Donors

July 1, 2020 to June 30, 2021



# Nothing About Us, Without Us!

Echoed by disability advocates the world over, “Nothing About Us, Without Us” is a call for inclusion of, and active participation by, people with disabilities. This foundational philosophy guides the work SAIL and hundreds of other Centers for Independent Living do each day. At SAIL, we see this philosophy play out in all aspects of our work, including in our hiring practices and board recruitment efforts, where a majority of our staff and board members are people with

disabilities. We also see it in our many programs: from our Home Modifications for Aging in Place (HomeMAP) program where people with disabilities and seniors are in the driver’s seat when deciding what services and environmental modifications are needed in order to live at home as they age, to how our model of peer support connects individuals with shared experiences while simultaneously creating opportunities for leadership development among our consumers.

In the end, our work together is about equity and inclusion. Are people with disabilities at the table when decisions are being made across our social structures? How do we ensure that our communities are inclusive of, and accessible to, our friends and neighbors of all ages and abilities?

In this year’s annual report, you will find stories and quotes that reflect this philosophy, showing the impact of having seniors and people with disabilities at the helm. **Each one of these are made**

possible with your support, and the hard work of consumers who are working to live independent, empowered lives of their own choosing.

*Gunalcheesh, Haw'aa, 'Doyck,  
Thank you.*

*Joan O'Keefe Norton Gregory*

Joan O'Keefe  
Executive Director

Norton Gregory  
Board Chair





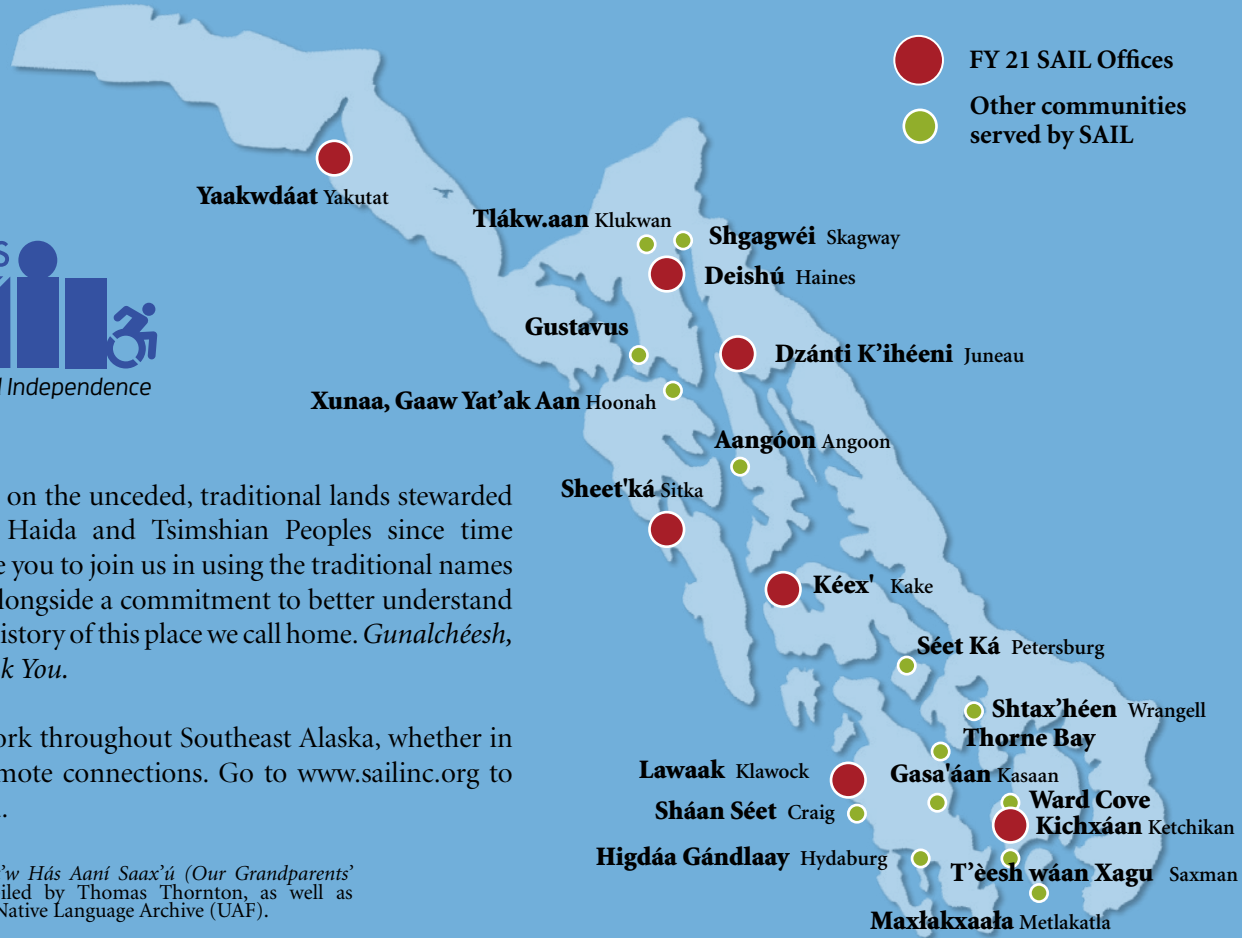
*People using the services of SAIL are valued and respected. Our opinions and feedback are an important part of SAIL's way of doing things.*







- FY 21 SAIL Offices
- Other communities served by SAIL



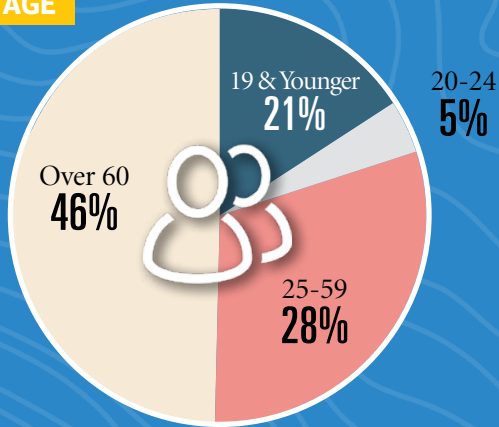
We live and work on the unceded, traditional lands stewarded by the Lingít, Haida and Tsimshian Peoples since time immemorial. We invite you to join us in using the traditional names of the places we live, alongside a commitment to better understand the rich and complex history of this place we call home. *Gunalchéesh, Háw'aa, 'Doyck, Thank You.*

SAIL is honored to work throughout Southeast Alaska, whether in person or through remote connections. Go to [www.sailinc.org](http://www.sailinc.org) to find an office near you.

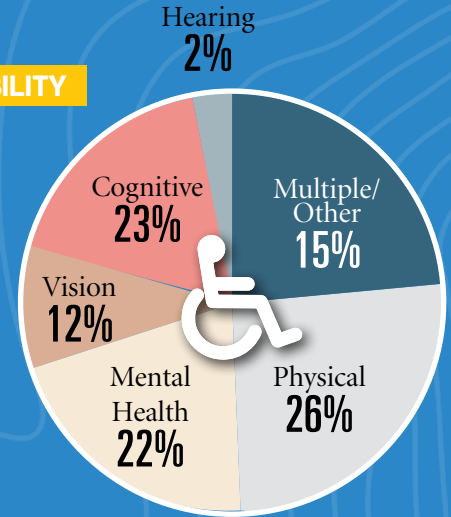
Place names from *Haa Léelk'w Hás Aaní Saax'ú (Our Grandparents' Names on the Land)*, compiled by Thomas Thornton, as well as information from the Alaska Native Language Archive (UAF).

# SAIL Service Demographics

## AGE



## DISABILITY



## ETHNICITY



46%  
Caucasian

39%  
Native American  
or Alaska Native

9%  
Two or More/  
Other

3%  
Asian

1%  
Hispanic or  
Latino

1%  
African  
American

1%  
Native Hawaiian/  
Pacific Islander





*Consumer led means  
accompanying people on the  
journey toward independence,  
not leading the way.*

# The Power of Peer Support

**P**eer support is core to nearly every way in which SAIL operates. **Whether one-on-one or in a group setting, peer support can positively impact an individual's life in profound and transformational ways.** Over the past year, more than 200 peer support meetings and activities were held in communities across Southeast Alaska and over Zoom.

The variety of lived experiences in each group provides invaluable perspective on common issues and barriers faced by people with disabilities. “There is vast diversity in the types of vision loss, and varying degrees of comfort people with similar disabilities have in how they operate in the world,” explains Linda Newman, lead facilitator

for Juneau’s monthly Low Vision Support Group. “For example, are cars more likely to stop for you at a crosswalk if you carry a cane or are guided by a dog?”


Support from peers can be so powerful, even during a pandemic. Despite the technological challenges for some, there have been silver linings for many of SAIL’s support groups. Individuals who stay at home due to limited mobility or medical reasons, for example, have felt more included when everyone is calling or videoing in. For Juneau’s Low Vision Support Group, attendance is actually up during the pandemic as people from throughout the region, and state, have been participating.

While a virtual option for peer support groups will likely remain after the pandemic, Linda and the rest of the Low Vision Support Group eagerly look forward to a return to in-person meetings. “We really enjoy getting out of the house and into the community together since [because of our vision loss] most of us don’t drive.”

Learn more about peer support opportunities and read the full interview with Linda at [www.sailinc.org](http://www.sailinc.org).

*More than 230 people participated in peer support meetings and activities in FY21.*



A man and a woman are posing on a mountain ridge. The man is wearing a yellow jacket and a tan cap, and the woman is wearing a red jacket and a black cap. They are surrounded by tall, reddish-brown grasses. In the background, there is a valley with a town and a river, and mountains shrouded in mist.

*“ It’s nice to commiserate and laugh together, to feel like you’re not alone, to know that someone who has gone through a similar experience might have a perspective that can help you. ”*



## Finding Leaders from Challenge and Camaraderie

**S**AIL has long believed that inclusive, accessible recreation is an empowering way to build the confidence and leadership skills that ripple out into all aspects of an individual's life. This year, SAIL re-opened the Challenge Course in Juneau (formerly run by SAGA at the Eagle Valley Center) and has already hosted nearly 600 participants as they work through various challenges and obstacles. The course offers a wide range of ground-level and mid-air elements designed for people of all ages and abilities. Revamped with inclusion at its core, teamwork is essential in order to complete each task. For example, the wobbly "Whale Watch" element requires group collaboration in order to effectively balance a giant

see-sawing platform as one cohesive unit.

The inaugural season has offered day-long experiences to a diverse range of groups from teen organizations to tribal government staff to local churches. The course has also played host to students as they prepare for a return to school and summer camps for youth. At the weeklong Camp Independence, youth of all abilities worked together, had fun and learned to incorporate SAIL's core values of inclusion, collaboration, integrity, accessibility, and empowerment into their lives. For the hundreds of students who attended in anticipation of the start of a new school year, it was a unique opportunity to build community in an effort to set a positive tone for the year.





*“I felt empowered on the Leap of Faith. I really thought I couldn't do it but then I did it and it wasn't that bad. I'm really proud of myself!”*

*“It helped build community as students got to know each other and rely upon each other in a way that doesn't occur in a classroom. It enhanced their relationship with each other as students, and with me as their teacher.”*



# Your Generosity Inspires Personal Independence. Thank You!

*Our donors are at the heart of all that we do at SAIL.* Thank you for your generosity throughout the year. Your gifts inspire personal independence in Southeast Alaska for seniors and people with disabilities. The following gifts were made in honor or in memory of loved ones.

## IN HONOR OF:

Carol Race	Linda Fredrickson
Claire Baldwin	Peter Klein
Fu Bao Goldsberry	Sara Chapell
Jacob Mallinger	Sierra Jimenez
Joan Herbage O'Keefe	Taylor Gregg
Kelly Henriksen	Tracy VerVelde

## IN MEMORY OF:

Alan Duke	Karen Wiley
Charan "Birdie" Bird	Martha Howard
Chip Parr	Robert Kenneth
Elizabeth Friedenauer	Fowler
Elizabeth Tonsmeire	Vinca Gilman
Gordon Tandy	

The list of donors on the following pages include gifts received between July 1, 2020 and June 30, 2021. In-kind donations and the many anonymous gifts are not included in this list. Thank you to every single one of our donors 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 will, estate plans or retirement account. Legacy gifts are permanently invested in an endowment to leave a lasting impact. For more information on leaving your Legacy for Independence email Sara at [schapell@sailinc.org](mailto:schapell@sailinc.org).

## Empowerment Circle \$2,000+

Alaska Community Foundation  
Alaska Mental Health Trust  
AVISTA Foundation  
CHARR - Sitka  
Chilkat Valley Community Foundation  
City and Borough of Juneau  
City of Ketchikan  
Ketchikan Gateway Borough  
City and Borough of Sitka  
Crossett Fund  
Douglas Dornan Foundation  
DOWL LLC  
First Bank  
Greens Creek/HECLA  
Charitable Foundation  
International Union of  
Operating Engineers  
Juneau Community  
Foundation  
Juneau Senior Citizen Fund  
(JCF)  
Geoff and Marcy Larson  
Anthony and Amanda Mallott  
Rose Manning  
Rasmuson Foundation  
Sitka Permanent Charitable  
Trust

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

Donald Adam  
Alaska USA FCU  
Neil Allen  
Nancy Davis and Joseph  
Newman  
Rosemarie Duran  
Colleen and Lindy Jones  
Michael LaGuire  
Madison Lumber & Hardware  
Stanley K. Marston

Neil H. Allen Charitable Trust  
c/o Fidelity Charitable  
Corey and Ellen Pavitt  
Omar Rodriguez and  
Veronica Prida  
Beatrice Rounsley  
Dave and Rebecca Valentine

## Accessibility Circle \$500-\$999

Sarah and Ammon Bayley  
Amanda Blackgoat and  
Kwame Diehl  
Sara and Douglas Chapel  
Joyce E. Richard  
Margaret Friedenauer and  
John Hagen  
Mardell Gunn and Mark  
Kistler  
Hames Corporation -  
Seamart  
Howzers IGA Supermarket  
Edgar and Virginia Johns  
Elizabeth Knackstedt  
Marilyn Lee  
Elena Martin  
Maura Odell  
**Joan and Larry O'Keefe \***  
Claire Richardson  
Saralyn Tabachnick  
The Landing

## Innovation Circle \$100-\$499

Brianna Ackley  
Janine Allen  
Robert Allen and Robin  
Sherman  
ALPS Federal Credit Union  
American Legion Auxillary  
Post #5  
Monique Anderson  
Leslie Antolick and Lori  
Hoover

Melissa Aronson  
Mary and Linn Asper  
Claire Baldwin and Brian  
McHenry  
Jirdes Baxter  
Jerry Beasley  
John Greeley and Marla Berg  
Dianne Bigge  
Deborah Boettcher  
Eleanor Boyce  
Judy Brakel and Gregory  
Streveler  
Heather Brakes  
Harvey Brandt  
Ron and Cathy Bressette  
Grace Brooks  
Bill Broste  
Tom and Susan Brown  
Bruce and Cora Brunette  
Susan Bus  
Lisa Bykonen  
Joan Cahill  
James and Terry Calvin  
Marianna Carpeneti  
Michael and Marna Cessnun  
Beth Chapman  
Chilkat Valley News  
Ian Clark  
Gershon and Kerry Cohen  
David Conway  
Zachary Coss  
JoAnn and Steven  
Cunningham  
Joan Degen  
Ellen Doig  
Paul and Sioux Douglas  
John Dunlap  
John and Nancy Eiler  
Janet and John Engle  
Loren Enright  
Kathryn and Brian Erickson  
Ernie's Old Time Saloon  
Deb Etheridge  
Craig Farrington  
Margaret A Fedoroff  
Nelea Fenumiai

Filipino Community, Inc.  
Amber Flansaas  
James Foster and Sarah  
Roark  
Fred Meyer Community  
Rewards  
Myron Fribush  
Peter Froehlich and Elsa  
Demeksa  
Hanna Fylpaa  
Janette and Thomas Gagnon  
Joanne Gartenberg  
Jessica Gilbert  
Gary Gillette  
Maria Gladziszewski and Eric  
Kueffner  
Linda and Steven Gohl  
Hugh and Shari Grant  
Janice Gray  
Taylor Gregg  
**Mary and Doug Gregg \***  
**Norton Gregory \***  
Shannon Gress  
Jodie Hanson  
Sunshine Hard  
Lea Harris  
John Hartle and Clare Pavia  
Donna Hartley  
Virginia B. Hayes  
William Hayes  
Diane Henry  
Margaret Heyman Hotch  
**Tom and Liz Heywood \***  
Greg and Shannon Higgins  
Diana Higgs  
Janice D Holst and Carroll H  
Holst Jr  
Charles and Christine Horan  
James Humphrys  
Jeff Irwin  
Al Johnson  
Ruth Johnson  
Sierra and Carlos Jimenez  
Anna and Jim Jurgeleit  
Bonnie and Hayden Kaden  
Martina Kallenberger and

Douglas Sanvik  
Mark and Kay Kauffer  
James Kempself  
Kimberly Kiefer and Pat  
McClear  
Chere Klein-Enright  
Jean Kline  
Lisa Kramer  
Caleb Kuikhoven  
Daniel Landen  
Kelly Lapp  
Keith Levy  
Susan Litman  
Sidney Little Tagaban  
Rosary Lombardo and Matt  
Knutson  
Los Cabos Adventures  
Joann Lott and Tracy VerVelde  
James and Suzanne Lowell  
Laura Lucas and Bob  
Banghart  
Lutak Lumber  
Gregory Lynch  
Susan Macaulay  
John Mallingier  
Myer Mallott  
Mikel Maron  
Elena Martin  
Bruce Marvel  
Lynn Marvel  
Diane McCarty  
Molly McCormick  
Brian McHenry  
Cassie McHenry  
Kevin McHenry  
Michael McHenry  
Sue McHenry  
Scott and Denice McPherson  
Karen Meizner  
Will Metcalf  
Mark Millea  
Fred and Judith Miller  
Michael Monagle  
David Moore  
Mountain Market  
Michael Nigro and Kara Berg

Mary Norcross  
Nugget Alaskan Outfitter  
Melissa and James O'Bryan  
Sean O'Neill  
Beth and Grey Pendleton  
Pauline Plumb  
Catherine Poulson  
Sandra Powers  
Providence Properties  
**Robert Purvis \***  
Niima Ann Radford  
Maryann Ray  
Mallory S Reid  
Jim Robinson  
Beatrice Rounsley  
**Millie Ryan \***  
Katherine Saunders  
Dave Scanlan  
Robert Schell  
Thomas and Mary Schulz  
Matthew and Leslie Scranton  
Shattuck & Grummett  
Lawrence and Dolores  
Sheehy  
Joann Shimek  
Sitka Elks Lodge #1662  
Sitka Vision Clinic  
Joan and Mark Sizemore  
Maria Skuratovskaya  
Mary Anne Slemmons  
Ardith and Walter Smith  
Keith Smith  
Sarah Smith  
Jonathan Heifetz  
Soho Coho  
Sourdough Bar  
Elizabeth Spence  
Patricia Spence  
Jerad Spencer  
Tom Spencer  
Ryan Stanley and Laura  
Hosey  
Michael Stark and M.J.  
Grande  
Ray and Connie Staska  
Mallory Story

Colleen Sullivan  
Saralyn Tabachnick  
Tonia Takei-Kramp  
Sherry Tamone  
Michael and Erlinda Taylor  
The Foraker Group  
Marjorie Thomson  
Wanda Tydingco  
Michelle Umbs  
Chris Urata  
Susan Patterson and Linda  
Vallie  
Emma Van Nes  
Gale and Karl Vandor  
Margie Vandor  
Kara Varberg  
Sherry von Wolfe and Travis  
Miller  
Virginia and Jason  
Waterhouse  
Beth and Gregory Weldon  
Western Auto Marine  
Sally and Kent Weymouth  
White's & Harry Race  
Paul Wild  
Fred and Sally Wiley  
Julie and John Wiley  
Jonathan Williams  
Geraldine Brown  
Kathy Williams  
Susanne C. Williams  
Suzanne and Joe Williams  
Sinclair Witt  
Amy and Phillip Witt  
Nancy Wooford  
Patricia Yearly  
Gayle Young

## Collaboration Circle up to \$99

Jason Abad  
Joy Adams  
Maya Allcott  
Lauren Anderson



Thomas Anderson  
Wendy Anderson  
Bill Annis  
Rebecca Antonoplos  
Sophia Armstrong and Riley  
Kosinski  
Ina Ashenbrenner  
Chris and Karl Ashenbrenner  
Al and Crystal Badgley  
Linda Baker  
Barbara Beach  
Amanda Beasinger  
Lois Belardi  
Marla Bell  
Natalie and Mario Benassi  
Kristine Benson  
Mitchell Bethel  
Ann L. Bills  
Charles Bingham  
Charan Louise Bird  
Garland Bishop  
Max Blust  
Sara Boesser  
Stephen and Patti Bower  
Judy Brakel and Gregory  
Streveler  
Harvey Brandt  
Cathy Bressette  
Barb Brodersen  
Sean Bryant  
Lee Burgess  
Joshua Burick  
Sage Burick  
Nancy Burke  
Cindy Buxton and Russell  
White  
Heather Carlton  
Theodora Castillo  
Emily Chapel  
Kelly Chick  
Luca Ciambor  
Kay Clements  
Carol Clifton  
Coastal Real Estate Group

Michael Cole  
Charity Coleman  
Callie Connerton  
Katie and Dustin Craney  
Jessica Crowe  
Laurie Dadourian  
June Dahl  
Ruth Danner  
John and Nancy DeCherney  
Drew and Sandy Degen  
Claire Delbecq  
Rebecca Dierking  
Marie Disbrow  
Eliza Dorn  
Jeff Douglas  
Amy Dressel  
Rick Driscoll  
Andrea Duncan  
Rocky Eddy  
Mark and Diana Edwards  
Velja and Dan Elstad  
Charles Emanoff  
Erin Enlow  
Kimberly Estes  
Anita Evans  
Peggy Fedoroff  
Ellen Ferguson  
Sisi Ferguson  
Lisa L. Fisher  
Joann Flora and Robert  
Bloom  
Kathryn Foster  
Christy and Bob Fowler  
Julianne Frick  
Rebecca Garcia  
Jodi Garrison  
**Brandee Gerke and  
Andrzej Piotrowski \***  
Lynda Giguere  
Guy and Cynthia Gleason  
Keith Goering  
Tracy Gottschlich  
Carolyn Gould  
Kristen Green

Phyllis Hackett  
Misty and Richard Haffner  
Michael Hagen  
Lindsay Thomas  
Kathleen Hansen  
Joel Hanson  
Patricia Harris  
Lora Harroff  
Marilyn Harrold  
Lizzy Hastings  
Susan Haymes and MK  
MacNaughton  
Andy Hedden & Jessica  
Edwards  
Christine Hess  
Selena Higgins  
Wendy Hogins  
Anna Hoke  
Frank and Ramona Holmes  
Raeanne Holmes  
Allison Holtkamp  
Ted Howard  
Raymond Howard  
Jeremy Hsieh  
Dan Hysell  
Julie Isom-Southard  
Cat Ivie  
Larry Jackson  
Benson and Sheena James  
Doug Jenny  
Amy Johnson  
Cynthia Johnson  
Heather Johnson  
Christie Jones  
Debra Jones  
Zane Jones  
Anna and Jim Jurgeleit  
Nelle Jurgeleit-Greene and  
Larry Jurgeleit  
Harry Kachline  
Elisabeth Kachline  
Bruce Kato and Patricia Owen  
Anthony Kaye-Bevelhimer  
Clare Kelly

Deb and Chris Kemp  
Molly Kemp and Nicholas  
Olmstead  
Dave Kiffer and Charlotte  
Glover  
Jeanne Kitayama  
Tristan Knutson-Lombardo  
Joni Koerner  
Dedra Kowalczyk  
Stacie Kraly and Jeanette St.  
George  
Susan and Gerald Kuelbes  
Laura Kurt  
Ward Lamb  
Joyce Landingham  
Landscape Alaska  
Carol Lang  
Connie LaPerriere  
Carlene Larsen  
Phyllis Larson  
Patrick Leamer  
Aurelie Legere  
Dave and JoAnn Lesh  
Joyce Levine  
Leah Liebelt  
Susan Listberger  
Cindy Litman  
Robert and Sally Lix  
Sheri and Craig Loomis  
Rachel Lopez-Matej  
Anne Lucas  
Lydia and Mark Luchini  
Mark S. Riederer DDS. LLC  
Leone and Gus Marx  
Sherri Maust and Jack Smith  
Maira McBride  
Heather McClain  
Edith McHenry  
Miranda McHenry  
Scotty McHenry  
Marcia McKenzie  
Emjay Messinger  
Christopher Miller  
Anita and Mike Moffitt

Bill Montiver  
Robert Morgenthaler and Nell  
McConahey  
Laura Mulgrew  
Aaron Mulgrew-Truitt  
Brooke Munro  
Linda Newman  
Kim Ney  
Jordan Nigro  
Natalie Oberman  
Linda Orr  
Jillian Palmer  
David and Snova Parish  
Heather Parker  
Parnassus Books and Gifts  
Hilary Partlow  
Barbara Pavitt  
Debra Pflaum  
Page and Michael Pisapia  
Margaret and Bob Plucker  
Susan Pollard  
Kelsey Potdevin  
Emily Pound  
Cindy and Larry Hagwood  
Cheryl Putnam  
April Rezendes  
Willow Ritter  
Bonnie Robinson  
Laura Rogers  
Natalee Rothaus  
Scanlon Gallery  
Julie Schmitts  
Roger and Nancy Schnabel  
Dena Selby  
Sheinberg Associates  
Julianna Singh  
Sitka-Mt. Edgcombe  
Unitarian Universalist  
Fellowship  
Bob Sivertsen  
Shelly Sloper  
Kimberly Smith  
Christy and Gary Smith  
Greg Smith

Sidney and Elisabeth Smith  
Deedie Sorensen  
Gina Spartz  
Kathryn Sprengard  
Justin Spurrier  
Roy Stamey  
Ray and Connie Staska  
Anita Statter  
Lydia Steele  
Arnold Strong  
Paul Swift and Anne Boyce  
Tonia Takei-Kramp  
Susie Tandy  
Charline Tate  
Terry Tavel  
Tom Thompson  
Chris Todd  
Richmond and Judith Tolles  
Britta Tonnessen and Zane  
Jones  
Marjorie Vantor  
**Gale Vantor \***  
Eric Vang  
Joanie Waller  
Stephanie Warpinski  
Misty Warren  
Cindy Warster  
Sarah Watkins  
Sean Watson  
Pat Watt  
Scott Watts  
Rose Welton  
Courtney Wendel  
Matt Whitman and Leslie  
Evenden  
**Gordon Williams and Mary  
McDowell \***  
Valerie Williams  
Ardyne Womack  
Leslie Wood  
Kathleen Yarr  
Iola Young  
Marjorie Zeman  
Darcie Ziel

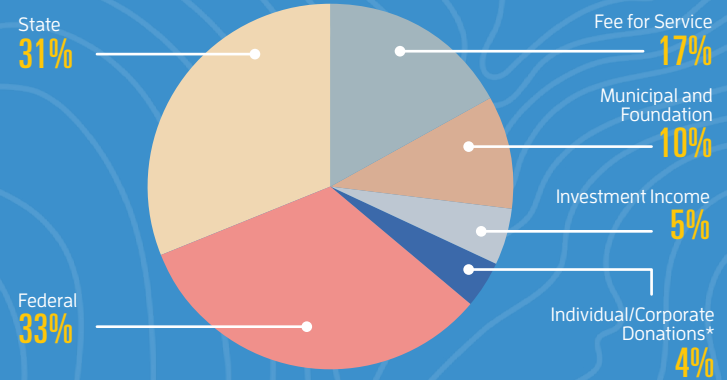
Southeast Alaska Independent Living, Inc.  
**Statement of Financial Position**  
 as of June 30, 2021

2021

ASSETS	
<b>CURRENT ASSETS</b>	
Cash and cash equivalents: Operating	
	\$ 171,022
Accounts and grants receivable	564,711
Prepays and deposits	45,978
<b>Total Current Assets</b>	<b>781,711</b>
<b>PROPERTY AND EQUIPMENT, net</b>	<b>873,320</b>
<b>LONG-TERM INVESTMENTS</b>	<b>290,472</b>
<b>BENEFICIAL INTEREST</b>	<b>457,963</b>
<b>Total Assets</b>	<b>\$ 2,403,466</b>
<b>LIABILITIES AND NET ASSETS CURRENT LIABILITIES</b>	
Accounts payable	
	\$ 106,072
Accrued payroll expenses	151,112
Refundable advances	31,278
<b>Total Current Liabilities</b>	<b>288,462</b>
<b>NET ASSETS</b>	
Without Donor Restrictions Undesignated	432,515
Invested in equipment and leasehold improvements	873,320
Beneficial interest	457,963
Board-designated endowment	290,472
<b>Total Net Assets Without Donor Restrictions</b>	<b>2,054,270</b>
With Donor Restrictions	60,734
<b>Total Net Assets</b>	<b>2,115,004</b>
<b>Total Liabilities and Net Assets</b>	<b>\$ 2,403,466</b>

For the final audited report of SAIL's financial position, please visit [www.sailinc.org](http://www.sailinc.org)

## SAIL Funding



\*Individual donations provide critical unrestricted funding to SAIL, allowing us to remain responsive to emerging needs in the communities we serve, especially in times of unexpected challenges. Individual and corporate donors contributed more than \$128,000 to SAIL in FY21. Thank you.

## SAIL is consumer led!

More than half our board identifies as having a disability.

*Norton Gregory, Chair/President, Douglas*  
*Jeff Irwin, Vice-Chair, Gustavus*  
*Suzanne Williams, Secretary, Ketchikan*  
*Mary Gregg, Treasurer, Ketchikan*  
*Brandee Gerke, Juneau*  
*Cynthia "Cindy" Mills, Klawock*  
*Ellen Pavitt, Juneau*  
*Robert Purvis, Sitka*



## A Senior Makes a Choice for Fresh Air and Family Connection

In FY21 our veteran directed program (VOICE) worked with 33 veterans who required additional support to live safely at home. One of those veterans, Bob Plucker of Haines, has enjoyed the added benefit of hiring his family members as companions during his daily walks. Bob is a retired music professor, and relocated to Haines with his wife Margaret to be closer to family. **As Bob's needs for daily care grew, he signed up for the VOICE program, which gives veterans the power to choose the kind of support they need to stay independent.** Bob chose walking - rain or shine - to stay healthy! According to Margaret, "Bob experiences challenges with his legs and balance and has very impaired vision, so he needs an escort to go out and walk. He used to be a

runner, and the daily walks give him fresh air, exercise, and time to soak up the sun. The outdoor time benefits the body, spirit, and brain. When they come back, Bob is refreshed and kind of a new person."

Many seniors prefer to remain at home as they age, amongst the family, friends and community they know and love. SAIL's programs for elder Alaskans are designed to help each individual achieve their goals in order to maintain independence and autonomy. **In FY21, SAIL worked with more than 1,300 seniors across Southeast Alaska, on goals big and small** — whether helping with plans for ramps and handrails to make a home safe, providing information and connections to senior benefits programs, or helping a family hire in-home assistance.

“*I love walking with my Grandpa. It's an awesome opportunity to hear his stories and get to know him better.*”



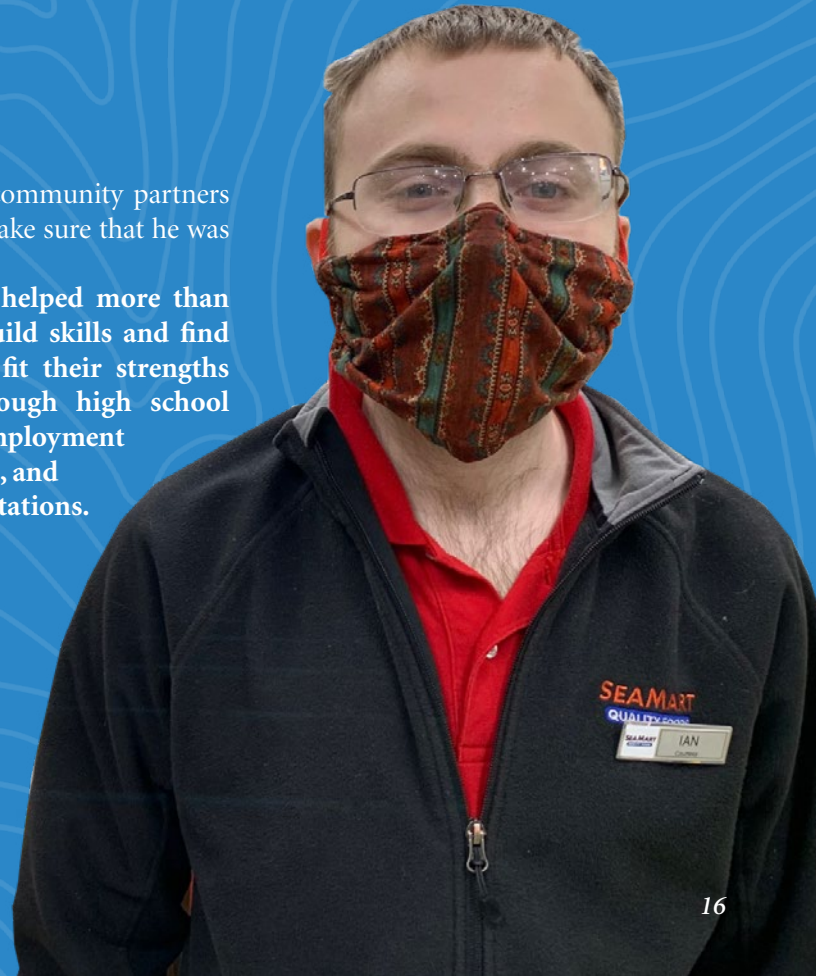
## Finding a Job That Fits Builds Confidence and Skills

**D**o you remember your first job as a working adult? The anxiety of your first day? The kudos from your boss on a job well done? That first paycheck? Meet Ian, who has been experiencing all of these emotions over the last months in his first job working for a grocery store in Sitka. Ian worked with SAIL staff to build a resume, learn about filling out job applications, and practicing for interviews. **These steps helped Ian build confidence and ensured he was not only prepared, but understood the process so that future job searches wouldn't be as daunting.**

According to Sitka Program Director Joel Hanson, "I was happy to follow Ian's lead and walk alongside him as he navigated the process. His determination to get a job made it easy to collaborate

with some of our community partners and his family to make sure that he was successful!"

**In FY21 SAIL helped more than 100 individuals build skills and find employment that fit their strengths and interests through high school classes, summer employment programs for teens, and one-on-one consultations.**





## Simple Tools Make a Great Impact

Sometimes a specialized device or particular piece of equipment is what's needed to help maintain independence. SAIL has durable medical equipment loan closets in four Southeast communities, and arranges transport for wheelchairs, walkers, shower benches and more all over the region. **In FY21 SAIL loaned out more than 1,300 items from our loan closets, and helped connect individuals with practical items to make daily living easier and more independent.**

We also worked with partner agencies to help consumers find the tools they need to be successful. Our partnership with Assistive Technology of Alaska (ATLA) has helped get ipads, magnifiers and

specialty cutting boards into the hands of low-vision consumers. ATLA also outfitted SAIL offices with traveling demonstration totes filled to the brim with examples of new assistive technology so community members can test out tools that might work for them.

In our Ketchikan office, a simple taxi voucher transaction and interaction with a service animal led to a discussion about low vision devices. Staff was able to connect the person not only with a magnification device to try out, but gave them a referral to ATLA and connected them to SAIL's low vision support group. Sometimes the simplest conversations can have the most impact.

## A Fund of Last Resort Helps with Lasting Recovery

**R**oger was hospitalized for more than 6-weeks after contracting Covid-19. When he returned home to Klawock, he had lost muscle and was unable to sleep in a regular bed, despite being in physical therapy since his release. Sleeping propped up on pillows on his couch was uncomfortable and led to more pain during the day. Roger and his family worked with SAIL to acquire a recliner that allowed Roger to rest during the day and safely sleep when he needed to. One of the funding sources was SAIL's Last Resort Fund, which is designed to cover critical expenses when there's no other source of funding available. **For Roger, the simple addition of an appropriate**

**piece of furniture has made all the difference.** According to one family member, "Roger struggles most of the day with nerve and muscle pain. The chair allows him to rest during the day because he tires out very quickly. He's able to take naps without going up and down the stairs, which causes more pain. This is helping with his recovery in so many ways."

**SAIL's Last Resort Fund covered more than \$50,000 in small grants for 130 requests that ranged from firewood, heating oil, and rental deposits to wheelchair and vehicle repairs, lift chairs and fitness equipment.**



*“Roger and his family knew what they needed, and SAIL’s Last Resort Fund helped them make it happen.”*





3225 Hospital Drive, Suite 300  
Juneau, Alaska 99801



Non-Profit  
U.S. Postage  
PAID  
Juneau, AK  
Permit #181

*Address Service Requested*

## 2021 Gratitude Report

Southeast Alaska Independent Living Annual Report to Donors  
[www.sailinc.org](http://www.sailinc.org)