

2023 Gratitude Report

Southeast Alaska
Independent Living

Annual Report
to Donors



Inspiring Personal Independence

July 1, 2022 to June 30, 2023



Collaboration in Action

Complex challenges, be it on an individual or societal level, require ingenuity and innovation.

Thinking outside the box. Dogged pursuit of resources and expertise from near and far. Perseverance. In this year's annual report, you'll find many examples of SAIL and our consumers—Southeast Alaskan seniors and people experiencing disabilities—using these attributes to solve complex challenges.

In the pages ahead, you'll read about people in our communities who partnered with SAIL for support when faced with complex challenges. Francine is one such person. Facing complex challenges, SAIL connected Francine to a myriad

of life changing resources, many found within SAIL's broad scope of programs and services; others, through the many partners and strategic connections SAIL has honed over three decades.

In the spring of 2023, a two-decade long vision became real with the opening of Teal Street Center, Juneau's new social service hub. Teal Street Center is a prime example of SAIL's work to address complex societal challenges. Thanks in large part to the SAIL Board and leadership team, the new social services hub houses SAIL and seven other social

services organizations. Now, instead of being spread across town, vulnerable populations can receive disability, mental health, aging, employment, affordable and accessible housing, literacy, employment and poverty assistance all under one roof.

Thanks to you, SAIL is having a real and meaningful impact addressing complex challenges on both an individual and societal level. Together we are making a difference.

Gunalcheesh, Haw'aa, Thank you



Joan O'Keefe

Executive Director



Brandee Gerke

Board Chair

SAIL served 3,300+ seniors and people experiencing disabilities throughout Southeast Alaska in FY23.

From information and referral, to peer support and home accessibility, SAIL served more than 1,500 seniors in FY23.

We live and work on *Lingít Aaní*, and recognize these unceded, traditional lands are stewarded by the Lingít, Haida and Tsimshian Peoples. We are grateful for their care and deep commitment to the land, and commit to better understand the rich and complex histories of the places we call home. The intergenerational impacts of colonization, and the movement for healing and justice, continue to inform our work as we create more inclusive, accessible communities across our region. We invite you to join us in learning and using the traditional names of communities where we provide our services. You can find more information about traditional place names on our website at www.sailinc.org/equity-work.

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).



The Fund of Last Resort Makes Independence Happen

SAIL's Last Resort Fund pays for special grants and staff time to help individuals identify purchases and other discreet expense needs to improve or maintain their independence. Purchases range from specialized furniture or grab bars to security deposits on an apartment lease. In every case, consumers and staff work together to talk through options and ideas for changes in their lives that would make a difference. Thanks to donations and additional State contributions in FY23, SAIL was able to work with 104 people to receive special grant funding in

11 Southeast Alaska communities. The transformational impact of Last Resort grants cannot be overstated.

This year the Last Resort Fund was able to pay for hearing aids, security deposits, warm clothing, and household items, as well as some "big ticket" items like adjustable beds and electric mobility devices for individual recipients. The Last Resort Fund was also able to furnish outlying communities with durable medical equipment that will be available for loan or given permanently to community members. Items like rollator walkers, bariatric wheelchairs,

bedside commodes, and bathtub/shower transfer benches are in extremely short supply in remote Southeast Alaska communities where the cost of shipping can be prohibitive for most residents.

*In FY23 SAIL worked
with 104 people to
receive Last Resort
Funding in 11 Southeast
Communities*

Elder Wilbur Brown has been enrolled in the VOICE program since 2020. He lives on his own in his home in Kake where he's lived his whole life. He was active in the Marine Corp from 1957 thru 1960 and enjoys hunting, fishing and spending time with his family. He relies on his personal care attendant for assistance with many activities of daily living to remain safely at home in the community he loves. While all of his personal care needs are met now through the VOICE program, the thing he said that was lacking in his life was not being able to go out and about, socialize with friends, and attend community events. Through a Last Resort Fund grant, Mr. Brown was able to get an electric scooter this spring. He now has a new lease on life.

“He is a social guy, but it was really hard for him to get out of his house and do things on his own. Ever since he got that scooter, I see him everywhere! I love seeing his new found mobility and freedom.”



Home Modifications Aid Aging in Place

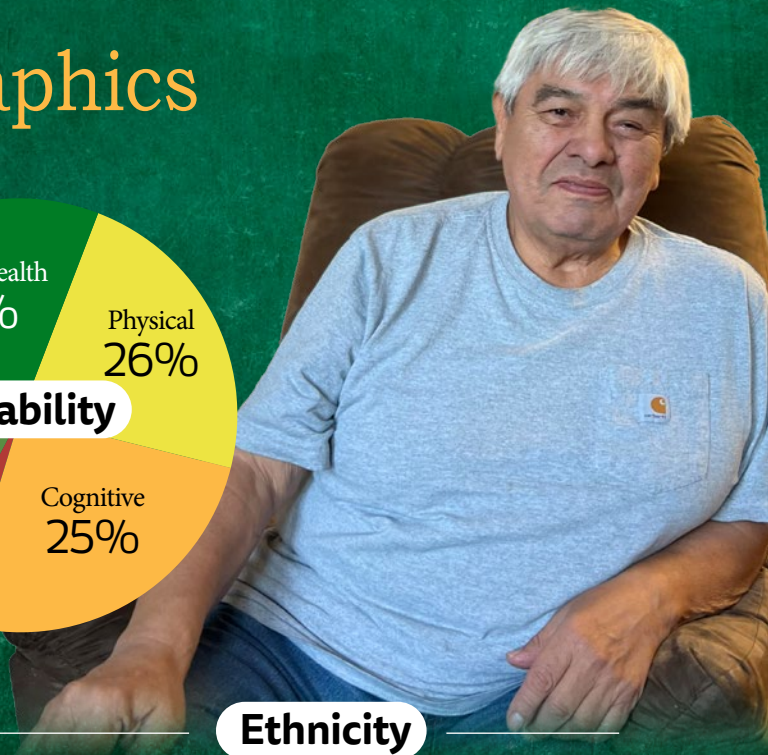
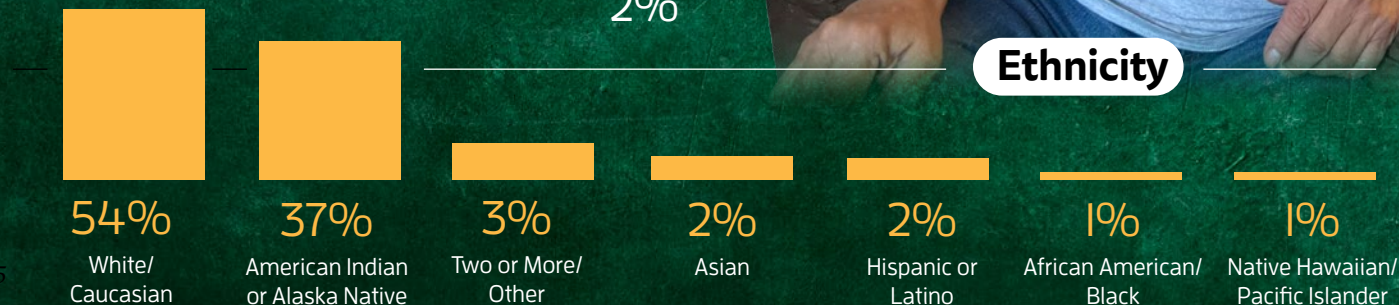
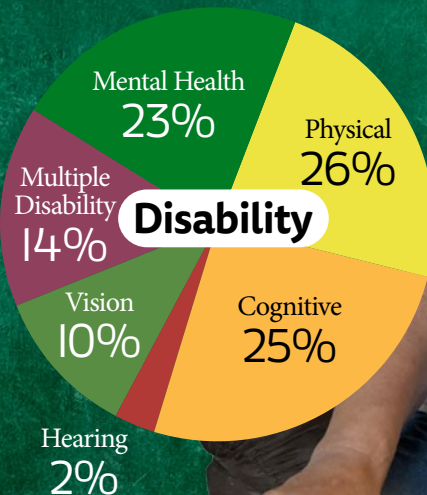
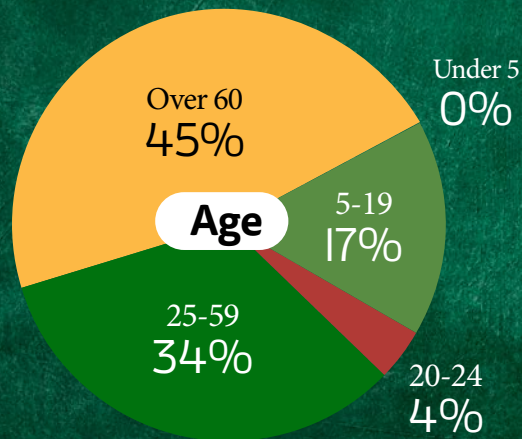
Being able to choose the community in which you live is fundamental to SAIL's mission of Inspiring Personal Independence. Oftentimes, however, a home needs modifications in order to make it accessible and allow elders to age in place. In FY23, SAIL provided resources and support to over 75 individuals to make their homes more accessible.

- SAIL partnered with RurAL CAP to complete **14 home modification projects** in Ketchikan and Sitka.
- In Juneau, **8 consumers benefited from SAIL's "Mod Match" initiative**, designed to pay for the materials for a project, with the labor donated by a volunteer organization, family or friends.
- **SAIL created a free resource guide for accessible homes** that reached people statewide.

Tony, a Vietnam War veteran, lives independently in his home in Juneau. Due to agent orange exposure, Tony lives with COPD, a disease that affects his breathing. Walking around the neighborhood and visiting with friends, something Tony enjoyed doing, was no longer something he could manage. Determined to get back to his neighborhood strolls, Tony acquired a motorized wheelchair that he could use to get out of the house and go longer distances. The only problem...he could not get the wheelchair out of the house over the 5 steps that separated his front door from the driveway. SAIL went out

to Tony's house to do an assessment and come up with a ramp design that worked for him. Unfortunately, quotes to get that ramp built exceeded \$20,000. Being on a fixed income, a \$20,000 ramp wasn't an option. Tony worked with SAIL's Mod Match program to purchase the materials for the ramp. The local Elks Lodge heard about the project and jumped at the opportunity to help. They sent a group of volunteers out to Tony's house and within 2 weeks, Tony was able to wheel his motorized wheelchair out his front door and down the street!

SAIL Service Demographics





Connections and Creativity Help Solve Complex Challenges

Francine is visually impaired and a stroke survivor who lives alone on a limited income. She started working with SAIL's Aging and Disability Resource Center (ADRC) to get assistance with paperwork and to get connected to services that could help her with basic errands. While we were seeking options for additional support, Francine's one prepared meal a day was canceled as the funding source didn't cover non-seniors. Francine was feeling very defeated.

SAIL's ADRC staff completed a Person Centered Intake (PCI) with

her to help determine her needs and priorities and referred her to SAIL's TABI (Traumatic and Acquired Brain Injury) Program and our Independent Living Specialists. After multiple rounds of State assessments, Francine was finally approved for an ALI (Alaskans Living Independently) waiver and was placed on the waitlist for in-home services.

Meanwhile, SAIL staff helped her apply and successfully receive SNAP nutrition benefits, setup online banking with automatic bill pay, connected her to peer support

groups, and receive a TABI mini-grant for new furnishings. SAIL's Last Resort Fund helped her get new linens. Finally, thanks to additional Last Resort Funding and partners with expertise in assistive technology, Francine now has an OrCam-My Eye device that allows her to read her mail, choose food in the grocery store and make other informed choices that she had not ever been able to do on her own before. Francine is living a very different life than she has ever experienced before and is ecstatic about it!

Transition to Adulthood with Supported Employment



Transition is a core service offered at all independent living centers nationwide. For some, the goal is to transition to a less restrictive living environment, for instance a move from a nursing facility to an independent living setting. For youth who are facing their final years in the public school system, that transition involves planning and skills training to help them build a successful path to independent adulthood in society. In the past five years, SAIL's youth employment programs have evolved

thanks to the guidance of young people that want to take the lead as they explore transition into independence in their adulthood.

High school classes led by SAIL's employment specialists are one of the ways transition-aged young people gain valuable skills. A mixture of soft skills training like communication and collaboration exercises are combined with specific lessons geared towards scenarios the students may face in adulthood, like establishing a checking account, making a budget, shopping for

healthy food, and finding an apartment. As SAIL's high school classes have evolved, we've included more recreation-based learning opportunities that build soft skills through activities like hiking, camping and challenge course elements.

Group-based summer work programs, like the ones we ran in Sitka, Juneau and Ketchikan last summer, are another successful mechanism for growing work readiness and teamwork skills.

Finally, SAIL's employment specialists are able to pair students with supported employment placements that dovetail with their individual skills and interests. Young people we work with wanted more options, opportunity and support.

SAIL works one on one with

individual students to explore adaptive summer work placements at local businesses that fit the young person's needs.

Students were placed at other nonprofits, grocery stores, coffee shops and construction companies. Individualizing services requires countless hours of collaboration, but also allows us to keep accessibility and inclusion at the forefront of what we do.

*174 Southeast Alaskans
of all ages benefited
from SAIL's employment
services in FY23.*



More than 550 households, businesses, foundations, municipalities, and organizations generously supported SAIL during FY23. These gifts are an essential source of flexible income that enables SAIL to respond to emerging needs in our communities and serve thousands of seniors and people experiencing disabilities. Thank you for your generosity.



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

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Anna Hennessey
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Thank you for inspiring personal independence with your gifts! 7/1/2022 – 6/30/2023

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 leave a lasting
 impact. For more
 information on
 leaving your legacy
 for independence,
 go to sailinc.org/*



Spotlight on Accessible Recreation

Accessible recreation is about a lot more than just getting out into the fresh air. SAIL's five core values of inclusion, integrity, accessibility, collaboration, and empowerment are at the heart of how - and why—SAIL utilizes activities like group hikes, winter snowsports, and the SAIL Challenge Course, to build confidence, camaraderie and connection. Thanks to the support from donors and our community partners, SAIL's ORCA program is able to serve Southeast Alaskans young and old.



Outdoor Recreation and Community Access (ORCA) by the Numbers

101

People served through ORCA plus over 1,300 participants on the SAIL Challenge Course, including all of Juneau's 5th graders!

1000+

Number of ski runs thanks to inclusive instruction, volunteer ski buddies and adaptive equipment.

42

Number of volunteers who served 412+ hours on outings, ski runs, and at the SAIL Challenge Course.

55

Summer camp participants with and without disabilities, creating an inclusive environment that builds connections.

250

Brownies baked for senior hikes!

\$20,560

Scholarships for camps and ORCA activities.

60

Rounds of Bingocize, a partner program in Sitka that combines strength and balance exercises to reduce falls and increase cognition with bingo and prizes.

429

Dogs seen at the Iditarod Start during ORCA's Fur Rondo spring trip.

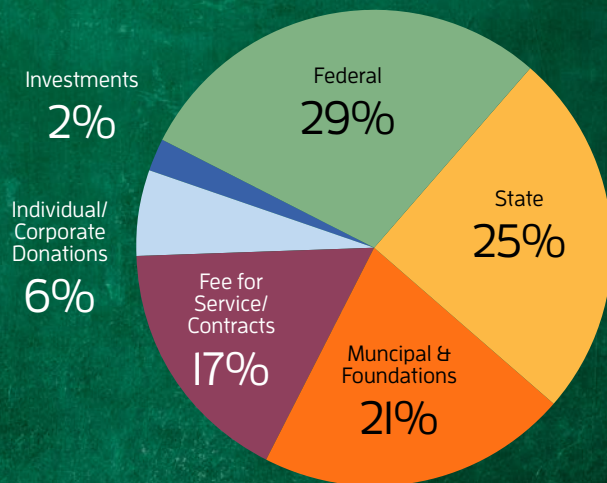
224

Number of accessible outdoor recreation activities in Sitka, Ketchikan and Juneau.

Statement of Financial Position (Unaudited) as of June 30, 2023

	2023	2022
ASSETS		
CURRENT ASSETS		
Cash and cash equivalents	\$ 301,019	\$ 225,268
Accounts and grants receivable	667,429	525,926
Prepays and deposits	49,837	75,423
Total Current Assets	1,018,285	826,617
PROPERTY AND EQUIPMENT, net	1,405,223	741,489
LONG-TERM INVESTMENT	535,656	491,230
BENEFICIAL INTEREST	435,708	386,865
Total Assets	\$ 3,394,872	\$ 2,446,201
LIABILITIES AND NET ASSETS		
CURRENT LIABILITIES		
Accounts payable	\$ 298,827	\$ 156,667
Accrued payroll expenses	172,412	140,789
Refundable advances	20,735	15,483
Current portion, obligation under operating lease	60,137	-
Total Current Liabilities	552,111	312,939
LONG-TERM LIABILITIES		
Obligation under operating lease, net of current portion	314,849	-
Total Liabilities	866,960	312,939
NET ASSETS		
Without Donor Restrictions		
Undesignated	495,996	453,706
Invested in property and equipment, net of related obligation under operating lease	1,030,237	741,489
Beneficial interest	435,708	386,865
Board-designated endowment	535,656	491,230
Total Net Assets Without Donor Restrictions	2,497,597	2,073,290
With Donor Restrictions	30,315	59,972
Total Net Assets	2,527,912	2,133,262
Total Liabilities and Net Assets	\$ 3,394,872	\$ 2,446,201

SAIL Funding



SAIL's Board of Directors Live in the Communities we Serve!

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Flexible Resources Help Veterans Live at Home Longer

SAIL served 32 veterans in 10 communities across Southeast in FY23

The VOICE program: Veterans' Options for Independence, Choice, and Empowerment, assists veterans to remain at home for as long as they desire in collaboration with the VA. The veteran is the employer, with complete control over who they hire to assist with their



needs. SAIL helps by advising and assisting with paperwork so the veteran can be in charge of their

budget, hiring, and training of their chosen caregivers. Caregivers can be family, friends, or anyone they choose.

Stanley, an Air Force veteran, was enrolled in VOICE for two years before he passed away at the age of 92. Stanley was honorably discharged in 1954 and received a National Defense Service Medal and a Good Conduct Medal. Once out of the military, Stanley worked as an auto mechanic, service station owner, restaurateur, airplane/helicopter pilot, as well as inventor. Truly an Alaskan!

Stanley was able to live at home, up until a sudden decline in his health, with his wife Punkie taking care of him in familiar surroundings with his family. He found the VOICE program through his medical provider. It was an easy decision for him to hire Punkie as his employee since she had been Stanley's caregiver for several years without pay. The funding from Punkie's employment meant the couple could afford to live at home, and receive necessary medical supplies for Stanley's specific needs via the VA.



Have you heard?

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Report is here!**



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