

Setting Sails



A Quarterly Publication For Friends And Consumers of San Antonio Independent Living Services

Summer 2012

Message from SAILS' Executive Director: Kitty L. Brietzke, J.D.

SAILS Hosts Family Friendly Fiesta Resource Fair!



Dr. Kitty L. Brietzke,
Executive Director of SAILS

Viva Fiesta! Live Music! Community Vendors! Great BBQ! SAILS hosted a fun and family-friendly Fiesta Resource Fair and Picnic on Sunday, April 22, 2012 at Comanche Park II located at 2600 Rigsby Avenue.

SAILS consumers and community guests enjoyed free live entertainment from The Harris Power Trio and The River City Kings. Both bands are composed of family members who have been performing for many years. Everyone enjoyed the popular music and had so much fun with Pandorfis the Clown "steppin' out" a dance or two with a group of children. VIA's own mascot, Buster showed up to join in the fun too!

Numerous vendors such as AmeriGroup, 101 Mobility, Deaf Interpreter Services, Dreams Fulfilled Through Music, ADT, Humana, Pride, Primerica, Linda Knolton's Mary Kay, Premier Jewelry, The Scorpions, AACOG, and more were on site to share their information and

products with the guests. Ty Beck from Jordan Ford displayed the MV-1 accessible van for consumers to check out!

About 40 volunteers from companies such as Target and NuStar Energy, SAILS staff and board members attended and volunteered. The delicious BBQ chicken and sausage was cooked again this year by Andy Reusewald, Donald Cloman and Freddie Brietzke, Jr. Both the Banik family and the Villarreal family worked in the park's kitchen preparing and serving the BBQ plates.

Finally, let's not forget that special events like this don't happen without our community sponsors and all our friends of SAILS. Special Thanks to HEB, VIA and Carol Villareal and David Escame from AmeriGroup. SAILS extends special thanks to everyone that helped make SAILS Fiesta Resource Fair and Picnic a great success! We will see everyone next year for more Fiesta fun!



Children enjoy "clowning around" at
SAILS 2012 Fiesta Resources Fair and Picnic

**SAILS Celebrates
22nd ADA Anniversary
July 27, 2012 8:30am - 2:00pm
El Marcedo
and La Villita Hall**

Looking Forward...

by Mary Blake



Rosa Linda Alajandro

Once Rosa Linda Alajandro admitted she was an alcoholic, life began to change for her. She completed the Detox Program at Haven for Hope and is now well on the road to success.

Rosa Linda has been a GAP participant for several months. During a recent interview she stated: " the

GAP classes and members have provided me with both the information and referrals I need to reach my goals. I want to live independently one day through education and employment." She added: " the classes have helped me to learn more about myself, life skills, coping and time management techniques." Rosa Linda has also learned how to prevent crime against person. The sessions at the American GI Forum have also taught her how to contact the agencies that can meet her needs.

During the course of our interview, Rosa thanked me for the monthly bus pass and voucher. "It may not seem much", she replied, "but I could not attend my AA meetings or have hygiene products without this assistance."

Above all, Rosa Linda expressed her thanks for the case management services which have helped her to maintain sobriety and has given her hope for the future. She now takes responsibility for her decisions, is true to her commitments and follows through with all assignments.

At the end of the interview, Rosa Linda told me she was grateful for the many support systems inherent in GAP. She is looking forward to receiving SSI benefits, completing her GED studies and eventually working in the medical technology profession. In conclusion, GAP has helped to make Rosa Linda's life a genuine success story.

Cynthia Contreras,

Our New Receptionist Is Here To Serve

by Albert Pulido



Cynthia Contreras, new Receptionist at SAILS

San Antonio Independent Living Services is proud to announce the hiring of Cynthia Contreras as the receptionist. She comes to SAILS with over eight years of experience as a receptionist. She had also worked as a cashier and clerk for various organizations in the San Antonio area.

She was working at the Lighthouse for the Blind as a receptionist when she first heard of SAILS and the Independent Living movement. She was intrigued and wanted to learn more about help available to people with disabilities and how to help them.

When she learned that SAILS had an opening for a full time receptionist, she decided it was best for her to try and get a job with SAILS and do something she had wanted to do, that is to work in a good job where she can work with and help people with disabilities in the community.

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SAILS Is For Consumers



ADA Compliance for Swimming Pools and Spas Will Improve the Quality of Life for People with Disabilities

by Kitty L. Brietzke, J.D.

The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990 by President George H.W. Bush. As we are well aware, the main purpose of the ADA is to ensure that people with disabilities can compete for employment and enjoy the same benefits as every United States citizen. Although the original ADA regulations included the provisions for accessible parking spaces, curb cuts and restrooms; recreational facilities in general were not covered. Although pool facilities were required to provide accessible lockers, parking and hallways with no barriers; access to swimming pools was not included in the original regulations.

In 2004, a revision to the original ADA was released by the Access Board as the ADAAG but was only effective as guidance for the Department of Justice. It was not formally adopted until July 26, 2010; Attorney General Eric Holder signed the ADA Standards for Accessible Design into law. An article mentioning the 2010 ADA law (www.aquasafepool.com/ADA-pool-compliance.html), states that the new regulations will affect swimming pools, spas, wading pools, and aquatic recreational facilities. The regulations define five permitted means of entry to a swimming pool divided into primary and secondary methods. The two primary methods are lifts and sloped entries. The three secondary methods are transfer walls, transfer systems and accessible pool stairs.

For more detailed information regarding the ADA requirements for swimming pools please read about the ADA Standards for Accessible Design.

San Antonio Independent Living Services (SAILS) would like to congratulate all businesses and public entities that have taken extra efforts to comply with the ADA regulations.

Sincere Thanks To Our Sponsors, Volunteers and SAILS Staff for Supporting SAILS 2012 Fiesta Resource Fair And Picnic

We would like to express our appreciation to all sponsors, volunteers, and staff that support this year SAILS Fiesta Resource Fair and Picnic for Consumers.

With financial support from our sponsors and hard work from volunteers, and SAILS staff, the Fiesta Resource Fair and Picnic was a greater success this year, all have thus assisted us significantly to provide more needed services to the communities of people with disabilities.



Mr. Johnson and Mr. Escareno

SAILS Is For Consumers

SAILS 2012 Resource Fair, A Greater Success



Children at the Fair enjoy interacting with the "clowns"



John and Marilyn Weber of Deaf Interpreter Services



River City Kings capture the audience with their performance



Team members of Pride PHC Services



Mia in a session with Harris Power Trio Band



Mr. Galan (center), Chair of SAILS Board

Events And Community Outreach



Buster, VIA Mascot never fails to amaze the crowd



Volunteers from local Target stores



The "clowns" would never run out of balloons for the kids!



Elaine and Ashley, faithful volunteers at SAILS events



David Massey and his wife of Massey Insurance Agency



Ernesto and Mia enjoy a father and daughter dance

APRIL

Autism Awareness Month, Cancer Control Month, and National Occupational Therapy Month

- 6 Holiday--SAILS closed
- 9-12 Building Effective Youth Programs in Houston
- 18 Advocacy Workshop at SAILS 2pm
- 20 ADA Planning Meeting at Family Services, 702 San Pedro 10am
- 21-23 SILC and TACIL Annual Meetings, Dallas
- 22 SAILS Resource Fair and Picnic, Comanche Park 11 am
- 26 GAP workshops, American GI Forum 1pm
- 27 Holiday--SAILS closed

MAY

ALS Awareness Month, Better Speech and Hearing Month, Mental Health Month, National Alpha-1 Awareness Month, National Arthritis Awareness Month, National Asthma & Allergy Awareness Month, Older Americans Month and Osteoporosis Month

- 4 Support Groups Meeting, Columbia Heights Learning Center, 1502 Fitch, 12:00pm (Disabled, Non-Disabled & Young People

Groups)

- 10 4th Annual Community Health & Resource Fair, SA State Hospital 3pm
- 12 Advocacy Meeting hosted by ACB
- 15 Leadership Breakfast, SA Red Cross - 7:45 am
- 19 Alamo Mobility Open House
- Low Vision Expo, Warm Spring 8:30 am
- 20 Silver Solutions, Norris Conf. Center 1pm
- 20-23 AIRS Training & Education Conf., New Orleans
- 24 GAP workshop at American GI Forum
- 28 Holiday--SAILS closed

JUNE

National Scleroderma Awareness Month

- 1 Support Groups
- 2 4th Annual Blake Rapier Wellness 5K Run/Walk, McAllister Park 8am
- 9 ASL Deaf Day at Fiesta, TX
- Veterans Career Transition, Tri Point, 3233 N. St. Mary's Street 9am to 12pm
- 10-14 National Council on Independent Living, Washington, DC
- 20 ADA workshop at SAILS 2pm
- 28 GAP workshop-American GI Forum 1 pm

SAILS Board Member Gets Dunked For A Good Cause

by Albert Pulido

Fiesta time in San Antonio means party time, mixing also with good food, fun and games. On Thursday April 26, 2012 members of San Antonio Independent Living Services (SAILS) attended a Fiesta event at the San Antonio Lighthouse for the Blind picnic and garden area. We were treated to a barbeque plate lunch, music, dancing and a dunking booth manned by Mr. Vince Boyd who is a SAILS board member and Director of Rehab Programs of the Lighthouse. He was a great sport as he was "dunked" repeatedly by the fun loving crowd, all for a small fee that the San Antonio Lighthouse for the Blind used to benefit their consumers. We were also treated to a visit from the Fiesta's Rey Feo and his entourage. This was one of the most fun-filled event of Fiesta and one that really helped individuals with special needs.



Community Outreach: SAILS staff Mary Herrera (center), board member Vince Boyd (right) and a volunteer attend a Fiesta event at the San Antonio Lighthouse for the Blind

SAILS' STAP Program Reaches Out to Eagle Pass Senior Centers

by Lori Crownover

Though Eagle Pass, Texas is a long drive from San Antonio, SAILS staff made the trip this past month to assist Seniors with the application for the Specialized Telecommunications Assistance Program (STAP). Seniors at the Loma de La Cruz Center attended a presentation about STAP, the adaptive telephone program. Fifteen applications were completed that day and submitted to the office in Austin, so that the Seniors can obtain phones like the Emergency Response Telephone, amplified phone and large button phone. Another trip to Eagle Pass is being planned for the near future. There are several other Senior Centers there that will benefit from the STAP program.

STAP staff also attended the Senior Fiesta on April 26th held at the Wonderland of the Americas Mall in San Antonio. Hundreds of Seniors attend this event every year to obtain information on services and resources available through local agencies. The event, sponsored by Retired Senior Volunteer Program (RSVP), offers entertainment and is also visited by El Rey Feo and his entourage! Seniors at the event were able to obtain information on STAP and complete applications for the special telephones.



SAILS' STAP Specialist Lori Crownover held the meeting in reaching out to consumers at Eagle Pass Senior Center

SAILS Support Groups Have New Meeting Locations

by Gloria Aguirre

SAILS support groups, People with disabilities, Young People's Support Group as well as Family Members Support Group have out grown the current meeting location; we are moving to a bigger facility to accommodate all of the attendees!

We are very happy to announce our new meeting location at Columbia Heights Learning Center located at 1502 Fitch St, San Antonio, Texas 78211.

The building is very accessible and spacious. We have been grateful to the San Antonio Light House for being so kind in letting us to use their facility to hold our meetings for the last couple of years; so it is with a sad heart that we leave them. But we will be able to accommodate the growing Support Groups at the new location.

The time of the meetings is also changed. In the past they were held from 1-3pm, and now they will be held from 12-2pm.

We hope to see you there or just stop by to say "Hi!", first Friday afternoon every month.



Columbia Heights Learning Center will be the new location for meetings of SAILS support groups

San Antonio Independent Living Services
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OTHER FORMATS ARE AVAILABLE UPON REQUEST

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