

Setting Sails



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

Fall 2013

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

SAILS Hosts 23rd Annual Americans with Disabilities Act (ADA) Celebration at UTSA



Dr. Kitty L. Brietzke,
Executive Director of SAILS

Every year San Antonio Independent Living Services (SAILS) hosts an annual celebration to commemorate the signing of the original 1990 Americans with Disabilities Act (ADA). This year's ADA celebration, held on Saturday, July 27, 2013 at the downtown University of Texas at San Antonio campus, begun with a lively pep rally with chants of "ADA All the Way!" Ms. Keith-Ann Steed, Executive Director from Austin's Project Walk graciously delivered her inspirational keynote speech relating her challenges she faced with determination after a severe spinal cord injury.

SAILS planning committee selected several deserving individuals and organizations who were recognized and awarded a plaque: Mayor Julian Castro for Public Servant of the Year (acceptance speech by Councilwoman Viagran); Family Endeavors for Large Nonprofit of the year, Professional Contract Services, Inc. (PCSI) for Large Employer of the Year Award, The Express News for Media Award, Goodwill Industries for Diversity in Employment Award, the AccessAbility Fest Planning Team, Johnny Walker for Caregiver Award, Sunshine Cottage for Small Nonprofit of the



Presentation of the Colors by VFW Post 76
at the 23rd ADA Celebration, UTSA Downtown Campus

Year and The River City Group for Small Employer of the Year. Three awards were also given for individual advocacy: Darlene Ballard, Melanie Cawthon and Christopher Salas.

SAILS invited over 50 community exhibitors to share valuable information and services for the guests attending the ADA celebration. All the attendees were treated to a free lunch, courtesy of HEB! Guests also were very touched and enjoyed the music of Darien, a young, talented man who happens to be a blind person. Darien really showed everyone how excited he was to play the accordion!

SAILS wishes to extend deep appreciation to the ADA planning committee members: John and Marilyn Weber, Jerri Ann Jones, Larry Carlton, Elena Hernandez, Geoffrey Elkins, Veronica Arriaga, Linda Mueller, Sandra Anderson, Duane Long, and Larry Lane. Thanks to all these committed partners! Special thanks to sponsors: HEB, VIA Metropolitan, Valero, Grande Communications, Documation, The San Antonio Lighthouse for the Blind, Pride Home Health Services, Superior Health Care, Nustar Energy, Frost, Pax Financial, Project Walk, Humana, 101 Mobility, Amerigroup Real Solutions, PCSI, University of Phoenix, ComtekMedia and TRDI.

Victoria Guedea: Community Kitchen Graduation

by Mary Blake



Victoria Guedea

One day Victoria Guedea came into my office excited about her success in the Culinary Job Training Program at the San Antonio Food Bank. "I just love it," she exclaimed. "I love to cook!"

Victoria has been a participant in SAILS

Gateway to Abilities Program (GAP) which is a program that provides basic needs assistance and two monthly workshops for persons who are disabled and homeless. The GAP participants are awaiting their SSI or other benefits.

In the Spring, I scheduled Mr. Paul Mata from the San Antonio Food Bank to conduct a presentation to participants in the GAP program. When Mr. Mata mentioned that the Food Bank offers a culinary curriculum Victoria was fascinated because she loves to cook. She quickly enrolled in the Culinary Job Training program and recently graduated from the Community Kitchen Program. She said, "I am not stopping there. I want to be a pastry chef."

Victoria credits GAP for her achievement. "GAP strengthened my self esteem. The workshops and case management taught me that I can be successful and I can also have my own business. I don't know where I would be today without GAP." Victoria is also very grateful for the bus passes she received from the GAP program because she had the transportation to and from her classes and appointments.

Congratulations Victoria! We, at SAILS, are happy that GAP has been helpful to you in achieving your goal. We wish you a very successful future in the culinary business.

Returning to Work Leads to Better Success!

by Albert Pulido



Jesus Alvarez

On February 5, 2013 the Texas Department of Assistive and Rehabilitation Services (DARS) referred Mr. Jesus Alvarez to San Antonio Independent Living Services (SAILS) for me to explain how returning to work would affect his Social Security Benefits.

A couple of days later Mr. Alvarez met with me and we discussed the various possibilities that could happen if and when he returned to work. He explained that he had started working part-time at Professional Contract Services, Inc. (PCSI) on January 18, 2013. He is being paid \$15.37 an hour and is expected to work 22 hours per week.

I explained that according to the Social Security Administration, he had previously worked over Social Security's allowable limit in 1998 and 1999, but had to stop due to his disability. Unfortunately, this was considered an "Unsuccessful Work Attempt". He returned to work in 2008 on a part time basis from 2008 to 2011. I informed Mr. Alvarez what could happen if he worked either part-time or fulltime. He was extremely happy to learn that his MEDICARE would possibly continue for more than SEVEN years!

In May of 2013 he started working full time for PCSI. Then on June 1, 2013 he and his wife started their own business. They now have an alteration shop that both he and his wife manage. It seems returning to work really lead to better success for Mr. Alvarez. SAILS wishes him and his wife the very best!

SAILS Staff and AIRS "Blazing the Trail" Conference

by Kitty L. Brietzke, J.D.

San Antonio Independent Living Services (SAILS) staff attended the 35th Annual AIRS Training & Education Conference in Portland, Oregon from June 2-5, 2013. On Sunday, speaker Martha Roberty provided conference guests with updated statistics on aging and seniors. She stated, "funding for seniors is not keeping up with the pace of need for seniors. Only 11 million seniors ages 60 years and up are receiving services out of 57 million."(cite: <http://www.nasud.org/newsroom>).

SAILS staff attended a module entitled: Implementing Statewide ADRC Care Transitions Program-a Tips and Toolkit. The speaker related the Washington state ADRC program that included a large state-wide expansion and hiring and training specialists. She summarized the importance of collaborations and strong partnerships and continual marketing.

Other modules provided education about how to better serve the underserved population. Speaker Andrea Berthon emphasized that using technology is a good way to reach more consumers. She said, "sometimes people are not able to interact or don't want to talk to anyone." However, strategies should be in place to have the maximum impact when using technology.

Finally, Walter Lavrinovch presented valuable information about how to bridge the gap from military life to civilian life. He mentioned that their are transition challenges. Some vets don't properly transition. They can miss out on information. However, he related that each state should have a veteran service representative and that states provide a huge set of resources, especially Texas! The Veteran's Administration also link s to all states.

Conference: New Community Opportunities Center at ILRU Presents Expanding CIL Capacity through Community-Based Service Programs

by Kitty L. Brietzke, J.D.

Three SAILS staff attended an outstanding educational training in Houston, Texas on June 24-26, 2013. The key purpose of the ILRU conference: Expanding CIL Capacity through Community-based Service Programs was to relate extensive information on how the centers for independent living (CIL) can operate better within the ever-changing funding environment that includes preparing for participating in the managed care system. The latest trends in federal programs and implications for the CILS and strategies to build strong partnerships with the ADRCs and AAAs were emphasized. The training also covered how CILs can work more in fee-for-service and environments.

There were some outstanding presenters: Suzanne Crisp from the National Resource Center for Participant-Directed Services, Bruce Darling from the Center for Advocacy Rights in Rochester, New York, Lex Frieden who is a Professor of Biomedical Informatics and Professor of Rehabilitation at the University of Texas Health Science Center in Houston, Merrill Friedman Vice President at AmeriGroup Corporation, Bill Henning, Executive Director from the Boston CIL and Lee Schultz who is the Executive Director from Independence First and other outstanding presenters.

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SAILS Is For Consumers

ADA 23rd Anniversary Celebration

(photos by F.J. San Miguel)



SAILS Staff and volunteers are readying for the ADA Celebration



Public attendees pass through the registration



Dr. Kitty L. Brietzke welcomes consumers at the ADA Celebration



Young advocates for ADA



Guest speakers at the event



C101 Mobility is among the Exhibitors

SAILS Is For Consumers



ADA 23rd Anniversary Celebration

(photos by F.J. San Miguel)



Deaf Interpreter Service information booth



Mr. Galan, SAILS Board Chair, congratulates Ms. Keith-Ann Steed, key note speaker



Family Endeavors at the exhibitor table



Councilwoman Viagran accepting the Public Servant Award for the Mayor of San Antonio



Presentation of the Colors by VFW Post 76



UTSA Disability Services

August

- 2 First Friday Networking at Canyon Springs Golf Club
- 3 Families with DisAbilities Support Group Meeting 1-3pm
- 6 SAILS Fish City Grill Fundraiser
- 12 American Wounded Heroes Golf Tournament/Outreach Booth
- 14 Elf Louise Project begins
- 16-17 Center for Healthcare Conference
- 19-20 TACIL Branding Training for Texas CILS inn Austin, Tx
- 26 City of San Antonio Contract Meeting at Head Start
- 28 San Antonio Clubhouse Open House

September

- 2 Labor Day Weekend Holiday
- 3 Staff Meeting with Community presentations
- 6 SAILS Board of Directors' Open House & Dr. Brietzke's 10th Anniversary Celebration
- 7 CAMP's Starry Night Gala
- 10 Planned Giving Meeting at the Plaza Club
- 11 SAILS Board Meeting at 1028 So. Alamo at 6pm
- 13 SAILS Families with DisAbilities Support Group Meeting
- 17 Dine & Donate at Texas Land & Cattle
- 20 "Free to Soar" at Morgan's Wonderland
- 20 Project Mend's Toast of the Town
- 22 SAILS "Stuff the Goodwill Truck" (Good Partner's Program)
- 24 SAILS Staff Meeting
- 26 SAILS Life Skills Support Group Meeting 1-3

October- Disability Awareness Month

- 4 First Friday Networking & SAILS Family Support Group
- 8 SAILS Staff Meeting
- 9 AnyBaby Can Gala
- 14 Columbus Day Holiday
- 22 SAILS Staff Meeting
- 25-28 Annual National Conference on Rural Independent Living in Oklahoma
- 24 SAILS Life Skills Support Group Meeting
- 27 AccessAbility Fest

SAILS Is For Consumers



32 YEARS
SERVING PEOPLE WITH DISABILITIES

Board of Directors' *OPEN* House

and

EXECUTIVE DIRECTOR'S 10TH ANNIVERSARY CELEBRATION

OUR MISSION:

TO ADVOCATE FOR THE RIGHTS AND EMPOWERMENT
OF PEOPLE WITH DISABILITIES AND TO PROVIDE THEM
WITH NEEDED SERVICES IN ORDER TO INCREASE
THEIR SELF-DETERMINATION AND INDEPENDENCE.

SAN ANTONIO INDEPENDENT LIVING SERVICES (SAILS)
CORDIALLY INVITES YOU TO COME AND ENJOY OUR

BOARD OF DIRECTORS' OPEN HOUSE AND EXECUTIVE DIRECTOR'S 10TH ANNIVERSARY CELEBRATION

FRIDAY, SEPTEMBER 6, 2013
5:00P.M. UNTIL 7:00P.M.

1028 SOUTH ALAMO STREET
SAN ANTONIO, TX 78210

BRISKET TACO PLATE AND ANNIVERSARY CAKE!

RSVP - JUDY ROSEN AT 210.281.1878 EXT 119
NO GIFTS, PLEASE.

DONATIONS ACCEPTED AT SAILSTX.ORG OR SAILSADVOCATES.ORG

Welcome New S.A.I.L.S. Staff Members

Carolyn Colley
Independent Living/Outreach Specialist



Carolyn is one of our Independent Living and Outreach specialists and she comes to us from the Deaf and Hard of Hearing Center in Corpus Christi where she worked for 2 years as a Hearing Loss Resource Specialist. She just moved to San Antonio and feels like she is returning home as she went to high school here. She is thrilled to be working with such an awesome group of people here at SAILS.

Michelene Brown
Independent Living/Outreach Specialist



As a new Independent Living and Outreach Specialist, Michelene Brown is anxious to apply her work, life experience and her education work with consumers of SAILS. She always enjoys work in the field of social services. Michelene Brown is a graduate of St. Mary's University with a B.A.'s degree, with 8 years of experience in the area of rehabilitation services and the State of Texas.

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OTHER FORMATS ARE AVAILABLE UPON REQUEST

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Carolyn Colley	IL/Outreach Specialist	Mary E. Blake	IL Skills Coordinator
Michelene Brown	IL/Outreach Specialist	Irma Medrano	CWIC
Albert Pulido	CWIC		

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