

Setting Sails



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

Spring 2015

Why Would Any Ethicist Argue for a Psychiatric Asylum?



Dr. Kitty L. Brietzke,
CEO/Development Officer of SAILS

I was shocked by an article I recently read, an opinion letter published in the New York Times on February 18, 2015 (<http://nyti.ms>), from Christine Montross, a staff psychiatrist at Butler Hospital in Providence, Rhode Island. In the article Montross agrees with the arguments of three ethicists who argued in the Journal of American Medical Association that basically patients with severe chronic mental illness should be placed in a new model of long-term psychiatric institutionalization-the modern asylum.

Montross suggests that the modern asylum would not resemble anything like the one in the movie "One Flew Over the Cuckoo's Nest." Instead, she states that by modeling the modern asylum after residential facilities that treat patients with dementia they will be in a more stable and structured environment. Montross says that her chronically psychotic or mentally disabled patients cannot safely care for themselves. She further contends the modern institution or asylum would be "a relief to the patients."

What is wrong with this picture? Who would even want to use the word asylum again after the horrors of the past such as Dr. Henry Cotton, perhaps a megalomaniac doctor, who thought removing the teeth from mentally-ill patients benefited them whether their teeth were infected or not (he actually removed other body parts too).

The patients that Montross mentions are people first and patients second. Furthermore, the law is clear that people who have serious mental illnesses have a right to make autonomous decisions and choose what is best for them. The Americans with Disabilities Act of 1990 also forbids unnecessary institutionalization. Who would choose to live in this modern asylum anyway? Nobody.

SAILS 2015 Fiesta Resource Fair

Saturday, April 18, 2015
11:00am - 8:00pm

Commanche Park No. 2
2600 Rigsby Ave.
San Antonio, TX 78222



With 35
Exhibitors
For Consumers

Juan Castro Achieves His Goals

by Gloria Aguirre, IL Specialist



Juan Castro

Juan Castro is a very well-mannered, pleasant young man who came to SAILS for assistance. He wanted help with finding a job and a place of his own. After meeting with Juan, I thought that it would be beneficial if he attended the SAILS Support Group to help motivate him. Juan said, "going to Support

Group meetings and sharing your experiences makes you see that you are not alone."

Juan soon became motivated and more confident about finding a job. I referred him to the Department of Assistive and Rehabilitative Services for job placement assistance. I told Juan to keep a positive outlook on life and continued to encourage him to focus on his goals. He is happy to have found a good job and says, "SAILS is a place to go to for help to achieve your goals!"

From Nursing Home to Independence!

by Lynn Cruz, IL Specialist



Rose

Rose is a consumer who was recently residing in a nursing home. She has a visual impairment and kidney disease and has to undergo dialysis three times a week. Rose did not want to live in a nursing home any longer so she moved to a friend's house and with support she was able to focus on finding

her own place to live. I was able to assist Rose with applying for a Section 8 voucher. Rose successfully secured her voucher and is on her way to her very own apartment again. Congratulations Rose!

Contents

Page

Message from CEO of SAILS	1
Success Stories: Juan Castro and Rose	2
SAILS Welcomes Our New Board Members, Mr. Miguel Castro and Mr. Joshua Stager	3
SAILS 2015 Openhouse	4
SAILS Is At La Vernia ISD Transition Fair	4
SAILS Board Chair and Staff Join In to Support the ADA Legacy Tour	5
SAILS Attends SILC/TACIL Conference in Austin	5
Calendar of Events	6
Assistive Technology For Hearing	6
SAILS 2015 Fiesta Resource Fair	7

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Online Request For Services:

<http://sailstx.org>

Click Link tab "Contact"

and then "Request For Services"

For additional information on the programs,
services that SAILS offers
for consumers in the communities we serve,
please visit our website
<http://sailstx.org>

SAILS Is For Consumers



S.A.I.L.S. Welcomes Our New Members of Board Of Directors

Mr. Miguel Castro



SAILS Board of Directors and staff wish to extend a warm congratulations to Miguel Castro. Miguel is currently enrolled at Northwest Vista College and majoring in Criminal Justice. He is very active both at college and in his community. Miguel is a person who has a significant disability but chooses to focus on his abilities. He is ready to help SAILS with fundraising and enjoy our events. SAILS is pleased to have Miguel Castro as a new board member

Mr. Joshua Stager



SAILS Board of Directors and staff wish to extend a warm congratulations to Joshua Stager. Joshua is married to his high school sweetheart and they have 3 children, Zac who is 15, Kaylee who is 11 and new arrival, Karlee only 2 weeks old!

Joshua has lived in San Antonio for more than 20 years and is currently employed as an HEB restaurant manager. Josh has been involved in giving back to his community for many years so it was a natural fit for him to join the board and help with fundraising. He has been involved with the March of Dimes as his son was a March of Dimes spokes baby! Josh also was an active volunteer leader in the Boy Scouts of America and in 2009 assisted with raising more than \$10,000 for the Make a Wish Foundation. Josh understands the needs of SAILS in serving persons with disabilities and will be a real asset to the board of directors.

Helpful Information on Resources for Consumers with Disabilities, their Families and Caregivers in Texas

Texas Department of Assistive and Rehabilitative Services

<http://www.dars.state.tx.us/>

Texas Department of Aging and Disability Services

<http://http://www.dads.state.tx.us/>

Texas Department of State Health Services

<https://www.dshs.state.tx.us/>

Texas Health and Human Services Commission

<http://www.hhsc.state.tx.us/>

**Save The Date
2015 Fiesta Resource Fair
Saturday April 18, 2015**

SAILS Hosts Annual Open House

By Kitty L. Brietzke, J.D.

San Antonio Independent Living Services (SAILS) hosted the annual Open House on Friday, February 13, 2015 from 4-7pm. Board Chair, Patricia ("Patty Byrd") and Vice Chair, Dennis Wolf ("Mr. T") were present to meet and greet guests along with board members Rodney Harris and Hector Saenz.

Everyone enjoyed visiting with each other and the tasty refreshments. I would like to extend a special thanks to the SAILS staff who helped out with the refreshments and greeted guests and a warm thanks to everyone who took the time to stop by and visit!



Board Directors, Staff and Consumers at SAILS 2015 Openhouse



Dr. Kitty Brietzke, CEO, Mr. Rodney Harris and Mr. Hector Saenz, SAILS Board Directors (left to right) at SAILS 2015 Openhouse

Assistive Technology for Hearing

By Kitty L. Brietzke, J.D.

Many people who wear a hearing aid or an implant may still not be able to hear in certain situations. Hearing assistive technology (HAT) is designed to help people with hearing loss to hear over the telephone or have better television reception or be able to hear better at a public venue. Many times the mere noises at a restaurant, shopping center, movie theater or public building can prevent a person who is hard of hearing from being able to hear everything around him or her. Assistive technology devices can help in these situations.

The Hearing Loss Association of America (www.hearingloss.org/content/hearing-assistive-technology) mentions in an article three assistive devices that can help: 1. audio loops, 2. FM system and 3. an infrared system. Audio loops circle a room and connect to a sound system and transmit the sound electromagnetically and then picked up by the person wearing a hearing aid or cochlear implant. It is supposed to be easy to use. An infrared system uses invisible light beams to transmit sound from the source to the personal receiver. There are different attachments that may be connected to the personal receiver. Finally, an FM system works in a very similar fashion but the sound passes through radio waves to personal receiver. These devices are commonly used to help people hear better in various situations, especially when background noise is an issue or there are poor acoustics.

SAILS does not endorse any particular assistive devices but provides the above as information only.

**VITA Program,
Voluntary Income Tax Assistance,
Is Available At SAILS
January 20-April 15, 2015**

SAILS Is For Consumers



SAILS Board Chair and Staff Join in to Support the ADA Legacy Tour

By Kitty L. Brietzke, J.D.



Support the ADA Legacy Tour (from left to right): Jaimi Aguirre, Gloria Aguirre, Bob Kafka, Judy Rosen, Patty Byrd and Connie Reid

SAILS Board Chair, Patty Byrd joined staff Judy Rosen and Gloria Aguirre along with supporters Jaimi Aguirre and Connie Reid in visiting the 25th Anniversary ADA Legacy Bus that arrived in San Antonio on Friday, February 27, 2015 at the HEB located at Bandera Road and Loop 410 at 1:00p.m. Eva's Heroes invited the community to attend this historical event to commemorate the 25th Anniversary of the Americans with Disabilities Act.

Although the weather was very cold and wet many visitors showed up to support the event. Bob Kafka, a longtime advocate for persons with disabilities was representing the event. He is a true Independent Living/Civil Rights icon who has devoted his life to ensuring the rights of persons with disabilities are protected. Thank you Bob!

Follow Calendar of Events
of SAILS Throughout The Year
And "Like" Us On Facebook:

<http://facebook.com/sailstx.org>

SAILS Attends SILC/TACIL Conference in Austin

By Kitty L. Brietzke, J.D.



From left to right: Roger and Tara (AmeriGroup), Dr. Kitty Brietzke, CEO of SAILS, and Mike (West Texas Twilight Visions)

The 2015 Texas Statewide Independent Living Conference was held in Austin, Texas on March 1st-3rd. The theme was Future Independence through Resources & Education (F.I.R.E.) Keynote speakers included the Department of Assistive and Rehabilitative Services (DARS) Commissioner Veronda L. Durden and Kelly Buckland, Executive Director of the National Council on Independent Living (NCIL). The Texas State Independent Living Council chairperson, Randell Resneder and other members were in attendance to ensure the success of this wonderful conference!

There were many workshops covering advocacy, transportation, guardianship, information access, getting fit to live, work and play and the STAR PLUS statewide Medicaid program. There were numerous generous sponsors and exhibitors such as AmeriGroup Real Solutions, Sign Shares, Inc., UnitedHealthCare, Advanced Mobility Systems and more! All and all it was a very educational and fun-filled conference where attendees had ample time to network and meet new connections.

February

- 2- Staff Presentation at The ARC
- 3- Fish City Grill Fundraiser
- 4- Staff Presentation at Nellie Reddix
- 6- First Friday Networking
- 6- Support Group Meeting 1:30pm-3:30pm / Disability Rights of Texas
- 10- SAILS Staff Meeting
- 13- SAILS Open House 4-7pm
- 16- President's Day/Holiday
- 20- SAILS ADA Planning Meeting
- 24- SAILS Staff Meeting
- 25- La Vernia Transition Fair
- 26- Support Group Meeting 1:30pm-3:30pm / Job Finders

March

- 1-3 SILC/TACIL Conference (Austin)
- 6- First Friday Networking at Morgan's Wonderland
- 6- Support Group Meeting 1:30pm-3:30pm / San Antonio Housing Authority
- 10- SAILS Staff Meeting
- 11- SAILS Board Meeting
- 17- St. Patrick's Day
- 20- SAILS ADA Planning Meeting at Deaf Interpreters Services
- 26- Support Group Meeting 1:30pm-3:30pm / Quinto Sanchez, M.A.

April

- 3- First Friday Networking
- 6-8- Department of Assistive and Rehabilitative Services monitor
- 10- ADA Planning Meeting at AmeriGroup
- 10- Support Group Meeting 1:30pm-3:30pm
- 14- SAILS Staff Meeting
- 18- SAILS Annual Fiesta Resource Fair
- 22- Earth Day
- 30- Support Group Meeting 1:30pm-3:30pm

SAILS Is In The Community

by Lynn Cruz, IL Specialist

This has been an exciting season for various resource fairs and outreach throughout San Antonio and surrounding counties. For example, I represented SAILS at our booth at La Vernia Independent School District on Wednesday, February 25, 2015.

Through this outreach to the students I was able to talk to graduating high school seniors and discuss their potential future especially in regards to independent living. In addition there have been various other providers including Department of Assistive and Rehabilitative Services (DARS), Goodwill, Arc of San Antonio among others.

The goal for the outreach is to provide valuable information to families or individuals with disabilities so that they have a good understanding of what services various agencies are able to provide to assist once the student have graduated out of the school district



Lynn Cruz, SAILS IL Specialist
is at La Vernia Independent School District Resource Fair

SAILS

2015 Fiesta Resource Fair

Saturday, April 18, 2015
11:00am - 8:00pm

Commanche Park No. 2, 2600 Rigsby Ave., San Antonio, TX 78222



Johnny Cockerell Band
On Stage: 1:00pm -2:50pm


With 35
Exhibitors
For Consumers



Mariachi Los Soberanos
On Stage: 3:15pm-4:15pm



River City Kings
On Stage: 4:45pm-6:45pm



ACOUSTICATS
On Stage: 11:45am-12:45pm

Free Admission

Four Music Bands On Stage

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OTHER FORMATS ARE AVAILABLE UPON REQUEST

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