

Setting Sails



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

Summer 2015

SAILS to Host 25th Annual Americans with Disabilities Act (ADA) Celebration at UTSA



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

San Antonio Independent Living Services (SAILS) will host the 25th Anniversary of the Americans with Disabilities Act (ADA) celebration at the University of Texas at San Antonio downtown campus located at 501 West Cesar E. Chavez Blvd. from 8:30a.m until 1:00p.m., Saturday July 25th, 2015. A lively pep rally is planned to kick-off the celebration with chants of "ADA All the Way!" The theme for this wonderful commemorative 25th Anniversary of the ADA is Access and Inclusion for Life!

Emma Rudkin, Miss San Antonio is this year's honored Keynote Speaker. Ms. Rudkin will share her inspirational story. Bexar County's District Attorney, Nico LaHood will be honored as Public Servant of the Year and share his words for the community.

SAILS expects over 50 community exhibitors to provide valuable information and services for the guests attending the 25th Anniversary of the ADA celebration. There will be 12 community awards in various categories and drawings for prizes throughout the morning. Everyone will be treated to a free lunch too.

This a FREE event and everyone is welcome to attend. For information regarding how to register as an exhibitor or to attend please call 210-281-1878 extension 118.



Bexar County District Attorney Nico LaHood will be honored as Public Servant of the Year and share his words for the community



Emma Rudkin, Miss San Antonio 2015, will be the Keynote Speaker at the 25th Annual ADA Celebration, July 25th at UTSA Downtown Campus (Photo by Angie Roper Photography)

SAVE THE DATE! Americans with Disabilities Act (ADA) 25th Anniversary Celebration

Saturday - July 25, 2015
8:30 am - 1:00 pm

Access and Inclusion for Life!

UTSA Downtown Campus
Bill Miller Plaza
501 West Cesar E. Chavez Blvd.
San Antonio, Texas 78207
Join Us For The Rally at 9:00 am

Back On Her Feet

by Michelene Brown, IL Specialist



Joyce Guiterrez

In July 2012 Joyce lost her housing with San Antonio Housing Authority to take care of her mother. While living with her mother for a year she became involved in a family situation with her siblings, which caused her to stop caring about her daily living conditions along with caring for her elderly

mother. This eventually became her downfall leaving her broken and homeless in 2013. One day she decided to go to SAM Ministries for food and this lead to the shelter Haven For Hope way. While residing there she received a letter from SAHA informing her that she is eligible for an apartment which has been approved. She has been living in the downtown area since November of last year. Now she is back caring for her elderly mother in her own apartment.

Sandra, Renato and Maria

by Lynn Cruz, IR/Volunteer Coordinator



Lynn Cruz, IR/Volunteer Coordinator

Sandra Henderson:

Meet Sandra Henderson, a SAILS consumer who works with myself, Lynn Cruz. Ms. Henderson has several physical disabilities due to a car accident. When I first met Ms. Henderson she was living with her mother and desired to move out on her own to live independently.

She was already on the San Antonio Housing Authority wait list but I assisted her in making sure that her address and contact was updated so they knew where to find her. I also provided her with other affordable housing choices while she was waiting for SAHA. While we were working together she received the call from SAHA stating that she received her Section 8 housing voucher. Now Ms. Henderson and I began the hunt for an adequate housing option that would take a Section 8 voucher. We are still in the process of finding an accessible home for her and I know she is looking forward to the day soon when she can have her own place again.

Renato Hernandez and Maria Herrera:

Meet Renato and Maria, SAILS consumers who work with myself, Lynn Cruz. Due to multiple disabilities, the couples faces many struggles in life. One of those struggles is financial. Renato is applying for Social Security and in the meantime the couple relies on Maria's fixed income. To provide some relief for them, I was able to submit an application and supporting documents for them to receive utility assistance. This way, their budget can be a little less stressful and they will be able to afford other necessities for life. Both Renato and Maria believe SAILS played a great part in advocating for them to receive the services they needed. A little bit of help goes a long way!

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Online Request For Services, SAILS Consumers:

<http://sailstx.org>

**Click link tab "Contact",
and then "Request For Services"**

SAILS Is For Consumers



SAILS Support Groups

by Lynn Cruz, IR/Volunteer Coordinator

The SAILS Disability Support Group has been meeting the first Friday and last Thursday of the month at the Lighthouse for the Blind at 310 Eads, Ave.

During these meetings we have a speaker come out and tell us about their organization and how they may be able to assist any of the members or their family. Since the start of the new year we have had speakers from Providence Place, Imagine Therapies, Disability Rights of Texas, Job Finders, Humana, Bexar County Utility Assistance, and Habitat for Humanity. During the session with Bexar County Utility Assistance, Regina Chew was able to walk us through the process of applying for utility assistance. She also gave us information about the different funding programs. The members of the group were also able to talk with her to discuss whether they perhaps might qualify. She encouraged them to continue to work with SAILS Independent Living staff in order to go through the application process



SAILS Support group meetings for consumers

**You can sign up to volunteer,
to help people with disabilities,
SAILS consumers, on our website:
<http://sailstx.org>
Click link tab "Volunteer"**

SAILS New Accessible Computer Lab

by Kitty L. Brietzke, J.D.



New accessible computer lab at SAILS

San Antonio Independent Living Services (SAILS) is pleased to announce the opening of a new updated and accessible computer lab. Consumers with all types of disabilities, veterans and Wounded Warriors will utilize the computers for job search, resume writing, applying for housing assistance and to locate many available community services.

SAILS computer lab has a wide open space in the middle of the room allowing plenty of space for people who use wheelchairs to move around. There are also adjustable computer desks that are accessible to persons in wheelchairs and keyboards that feature enlarged print. Several quick links for job search are installed on the computers to assist in locating available jobs in the market. A Job Board is located on the wall in the computer lab. SAILS plans to partner with many organizations to provide up-to-date information to help consumers find their dream job! Please call 210-281-1878 for details.



Michelene Brown, IL Specialist, is helping David Whitaker, a consumer, on using a touch screen PC.

SAILS Is For Consumers

2015 SAILS Fiesta Resource Fair

Photos by SAILS staff



Johnny Cockerell band



Mr. Jerry King, Board Member, and his family



Dr. Brietzke, CEO of SAILS, Mr. Saenz, SAILS Board Member and Molina Health Care mascot



Volunteers at SAILS Fiesta Resource Fair



Mariachis Los Soberanos



Guests at SAILS Fiesta Resource Fair

SAILS Is For Consumers



2015 SAILS Fiesta Resource Fair

Photos by SAILS staff



Premier Designs Jewelry Booth



Elder Resource Group



Axiom Home Health, Inc.



101 Mobility



AHIA Booth Patty Byrd and Connie Reid



The Acousticats Medea and Marco

Calendar of Events

May

- 1- First Friday Networking/Grand Opening
DOCUmation
- 5- THE BIG GIVE SAI!
- 4- Staff Presentation at Nellie Reddix
- 8- SAILS Support Group with Habitat for
Humanity
- 12- SAILS Staff Meeting/Presenter John Nelson
Elder Resource Group
- 13- Board Planning Meeting
- 14- Health & Resource Fair State Hospital 11am-
3pm
- 17- Down Syndrome Picnic at Morgan's
Wonderland 1-6pm
- 21- ADA Planning Committee Meeting
- 25- Memorial Day Holiday/SAILS closed
- 26- SAILS Staff Meeting
- 27-29 AIRS Conference for IL Staff

June

- 5- First Friday Networking
- 5- SAILS Support Group
- 9- SAILS Staff Meeting
- 10- SAILS Board Meeting & Planning Meeting
- 19- ADA Planning Committee Meeting
- 23- SAILS Staff Meeting
- 25- SAILS Support Group

July

- 7- SAILS Staff Meeting
- 10- SAILS Support Group
- 13-15 DARS Monitoring
- 17- SAILS Staff ADA Planning Meeting
- 21- SAILS Staff Meeting
- 25- 25th Anniversary ADA Celebration
- 27-30 NCIL/Washington, D.C.



Frankie Perez (l), Group Exercise Director, Your Fitness 365

Your Fitness 365 Supports SAILS Mission

by Kitty L. Brietzke, J.D.



Your Fitness 365 on Bandera Rd, San Antonio

Erick Weik is the General Manager of Your Fitness 365 located at 9703 Bandera Road. He calls Your Fitness 365 a "24-hour fitness studio! This makes fitness accessible to everyone while providing the community with fun exercises, kick boxing, boot camp and zumba. The motto is it does not matter where you might be in your journey of getting fit, Your Fitness 365 will help you take it to your next level!"

Frankie Perez, the Group Exercise Director, is in charge of all classes at Your Fitness 365 studio. Frankie really enjoys seeing people work together for a greater good. She is always striving to make positive changes in the community so wanted to help out San Antonio Independent Living Services(SAILS) with a fundraiser.

Your Fitness 365 invited me to set up a booth with our informational resources all while fundraising some important dollars for SAILS with a \$10 Charity Boot Camp! On April 26, 2015 nearly \$500 was raised within one hour! Special thanks goes out to all the fine staff at Your Fitness 365.

To Contact Your Fitness 365 please call 210-236-7219

SAILS Is For Consumers



SAILS 2015 Fiesta Resource Fair

by Kitty L. Brietzke, J.D.

San Antonio Independent Living Services (SAILS) hosted the annual Fiesta Resource Fair on Saturday, April 18, 2015 at Comanche Park 2. There were many community resource exhibitors on hand to share information for all the guests. Some of the exhibitors included 101 Mobility, Access Dental, Adept Home Health, WellMed, The Center for Healthcare Services, AmeriGroup, Affordable Health Insurance Agency, Gentiva, Humana Market Point, The Food Bank, Fair Housing Council, Alamo Area Council of Governments, Southeast Nursing and Rehabilitation, Copeland Insurance, Project Mend and Molina Healthcare. There was a contest for the best "Fiesta-decorated" booth with a \$100 prize that John and Irma Nelson with Elder Resource Group won! (see page 5). Entertainment included The Acousticats, John Cockerell and his band, Mariachis Los Soberanos and The River City Kings! There was also a variety of delicious fiesta food to enjoy.

SAILS extends special thanks to all our wonderful volunteers, including our board members who took time to help out. In addition, SAILS thanks our kind and generous sponsors for their financial support which made the whole event possible. Thanks to all our guests for showing up to support SAILS Fiesta Fair and to have some fun!

Special Thanks to SAILS 2015 Fiesta Fair Sponsors



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San Antonio, Texas 78207
Join Us For The Rally at 9:00 am

San Antonio Independent Living Services

1028 S. Alamo Street

San Antonio, TX 78210

Office Hours: Monday-Friday

8:00am - 5:00pm

210.281.1878 V/TDD

210.281.1759 FAX

Online Request For Services:

<http://sailstx.org>

Click Link Tab "Contact"

and then "Request For Services"

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

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

San Antonio Independent Living Services
1028 S. Alamo Street
San Antonio, TX 78210



OTHER FORMATS ARE AVAILABLE UPON REQUEST

San Antonio Independent Living Services (SAILS)
1028 S. Alamo Street, San Antonio, TX 78210
V/TDD (210) 281-1878 , Fax (210) 281-1759
(800) 474-0295 www.sailstx.org

SAILS Staff

Kitty L. Brietzke, J.D. CEO/Development Officer

Charles Villarreal	Accountant
Judy Rosen	Executive Adm. Assistant
Cynthia Contreras	Receptionist
Michelene Brown	IL/Outreach Specialist
Albert Pulido	CWIC
Irma Medrano	CWIC
Gloria Aguirre	IL/Outreach Specialist
Mary E. Blake	IL Skills Coordinator
Lynn Cruz	IR and Volunteer Coordinator

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