

Setting Sails



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

Spring 2016

SAILS Provides Help for Persons with Disabilities to Live Independently



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

San Antonio Independent Living Services (SAILS) mission is to advocate for the rights and empowerment of the people with disABILITIES and to provide needed services to people with disABILITIES in order to increase their self-determination and independence.

When I am out and about in the community, especially when I am networking, attending a resource fair or speaking with a potential donor I am often asked "what does SAILS do to help people with disabilities?" I really enjoy answering this question because it provides me with the opportunity to share what my staff are doing to help people with disabilities to live more independent lives.

Staff at SAILS meet with consumers to assess and ask what services are needed such as advocacy, independent living skills, peer support, information and referrals, assistance locating housing, counseling, budgeting information, emergency utility assistance, support groups, benefits counseling and much more. SAILS staff work to assist the consumers with disabilities to develop an independent living plan that will lead to one or more success in their lives. It is important to respect the consumer and follow the consumer choice model which allows the person control over how they will define the assistance they need and what their part will be accomplishing their goals.

People with disABILITIES have the right to be

treated with dignity and respect; the right to live and receive services in their own home and to decide for themselves what is the best for them. Staff at SAILS fully support and appreciate this philosophy, especially since half of my staff are persons with disABILITIES too. Thank you staff for helping to create success in the lives of so many persons with disABILITIES who seek our help.

SAVE THE DATE!

Americans with Disabilities Act (ADA) 26th Anniversary Celebration

Saturday - July 23rd, 2016

8:30 am - 1:00 pm

Activate and Celebrate Your ABILITIES!

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

SAILS Recognizes Cheryl & John Schoolfield Charitable Fund for Support

San Antonio Independent Living Services (SAILS) board of directors, staff and consumers would like to publicly recognize the charitable support received from the San Antonio Area Foundation from the Cheryl & John Schoolfield Charitable Fund. SAILS recently received \$6,000 for deaf support services. SAILS utilizes these funds for American Sign Language Interpreters and technology for the deaf.

Consumer Feels Relief and Gratitude After Receiving Emergency Help

By Gloria Aguirre, IL Specialist

I receive calls from many people with disabilities who cannot pay their utility bills or have had their utilities disconnected. Last December, I received a call from Jane Sherman who is a senior who is disabled and had her utilities disconnected. I told her that I would come to her home and gather some information to see what could be done.

When I visited Ms. Sherman's home I learned that she was also supposed to be on an oxygen tank. So, not only did she need heat in her own home she needed utilities for her oxygen tank!

She also shared with me that she had applied for utility assistance from Bexar County but since she had moved here from out of state and did not have proper Texas identification or her birth certificate she was unable to receive any assistance from Bexar County. It is not uncommon for some of our consumers to move to another location and not be able pay for the fees to obtain new forms of identification. All that stated, Ms. Sherman was in dire need to receive emergency utility assistance.

I met with the CEO SAILS who decided that Ms. Sherman needed immediate emergency assistance. We worked together with Bexar County Utility Assistance program and also pledged funds to help Ms. Sherman get her electricity turned back on. Ms. Sherman said, " I am very grateful to SAILS!"



Ms. Jane Sherman receiving utility emergency help with assistance from S.A.I.L.S.

A Long Road to Successful Recovery

By Michelene Brown, IL Specialist



Michelene Brown
IL Specialist

Ms. Monuz has had her share of obstacles in life. Several years ago she was attacked while on her way to work and sustained severe injuries. While in the hospital for treatment she had a stroke and learned she would not be able to walk or hear. She also suffered memory loss. This was difficult for her and her family to handle.

Eventually Ms. Munoz was able to use a walker. I was able to advocate for several resources for her. She needed help next to get a cochlear implant to help her hear. It has been a long road of physical therapy, occupational therapy and speech therapy ending in a successful recovery where Ms. Monuz is now able to live more independently. She is also able to hear the voices of her son once again!

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SAILS Is For Consumers



SAILS Board of Directors Annual Training

By Kitty L. Brietzke, J.D.

San Antonio Independent Living Services (SAILS) Board of Director's attended two Saturdays at The Lion's Field on January 16, 2016 and wrapped up on February 6, 2016. The training was provided by Ms. Jennifer Moriarty who has her own consulting group.

First, the training consisted of processes that lead the SAILS Board of Directors to learn improved methods to convey SAILS mission, strengths and needs to the community as a whole. Second, the board members shared their ideas and developed their fundraising commitment to SAILS. In the end, the overall experience was a positive step forward for the growth and betterment of SAILS.

SAILS Board Members to Participate in The BIG GIVE S.A.

By Kitty L. Brietzke, J.D.



Last year SAILS Board members were able to raise funds for several additional computers. This year, SAILS board members will be participating in The BIG GIVE S.A. once again to raise much needed funds for SAILS unmet operational needs.

The BIG GIVE S.A. back for a third year on May 3, 2016 is a 24-hour giving day. SAILS Board members asks you to please get involved and give back on this important day that brings nonprofits together and gets people connected to the importance of giving. For up-to-date information on the event and how to get involved please check <http://thebiggivesa.org/rules-faq>.

SAILS Received

2015 Regional Community Award

By Kitty L. Brietzke, J.D.

Alamo Area Council of Governments (AACOG) presented their 2015 Regional Awards at their annual meeting of their Board of Directors at the Marriott Plaza on December 9, 2015. AACOG annually recognizes individuals, companies and community projects make significant contributions in the communities of the AACOG region (Atascosa, Bandera, Bexar, Comal, Frio, Gillespie, Guadalupe, Karnes, Kendall, Kerr, Medina, McMullen, and Wilson).

SAILS would like to extend personal thanks to John and Marilyn Weber, business owners of Deaf Interpreter Services (DIS) for nominating SAILS for the 2015 Regional Community Project of the Year Award. SAILS received the award because of outstanding community service in hosting the 25th Americans with Disabilities Act (ADA) celebration where hundreds of consumers with disabilities participate in a rally, visit 55 community resourced exhibitors and are treated to a boxed lunch. SAILS also provides several community awards to individuals and organizations that make a difference in the lives of persons with disabilities. This is the largest ADA celebration in the state of Texas recognizing the most important piece of legislation ever passed to protect the rights of persons with disabilities. SAILS Board, staff and ADA planning committee thank AACOG for this important community award



SAILS receiving 2015 Regional Community Award

SAILS Support Groups a Success for Consumers

By Kitty L. Brietzke, J.D.

SAILS staff Michelene Brown, IL Specialist provides Support Groups with community presenters. SAILS consumers thoroughly enjoy the opportunity to learn about resources that help them live more independently. Recently Ms. Brown contacted Kathleen Mackey from the Center for Health Care Services(CHCS) to come and provide information about their Shelter Plus Care Program.

The attendees learned that the Shelter Plus Care Program provides important housing assistance through the San Antonio Housing Authority Section 8 Division to consumers who are homeless. Under this program the consumers receive on-going psychosocial rehabilitation, individual and group services, skills training and case management based upon their need.

Ms. Mackey was a great presenter. SAILS appreciates her sharing these resources with the Support Group. Most SAILS Support Groups meet at the San Antonio Lighthouse for the Blind located at 310 Eads St. For further details please call Michelene Brown at 210-281-1878 extension 113.



One of many S.A.I.L.S. Support Group meetings

SAILS Staff Busy Attending Upcoming High School Transition Fairs

By Kitty L. Brietzke, J.D.

Staff will be very busy during the next few months working with various high school counselors at upcoming Transition Fairs. Ronald Reagan High School will host an Agency Support Night on February 11, 2016 from 6:00p.m. until 8:00p.m. Opening comments will be provided by Dr. Nancy Guido, Director of Special Education Transition Services for NEISD.

The Hondo Independent School District is hosting a Community Resource Fair on February 22, 2016 at 5:00p.m. until 7:00p.m. for families of students with disabilities. SAILS will be an agency attending to share information regarding transition services.

Additionally, the Southside High School will host a Transition Fair/Parent Resource Night on Tuesday, February 23, 2016 from 5:30p.m. until 7:00p.m. SAILS staff will provide presentations to the parents and students. Staff are very delighted to attend these events.

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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"

Resolve to Make Yourself Happy

By Larry Johnson



Lots of folks make New Year's resolutions. And lots of resolutions will be broken by the end of January. Some may actually last through April. According to a study by Professor Richard Wiseman from the University of Hertfordshire, just one in 10 of us will achieve our goals. Why do we make them, and why do we break them?

Most resolutions are a product of "I have tos." I have to lose weight. I have to save money. I have to quit smoking. I have to eat healthier. I have to get along better with my mother-in-law. They are self-imposed obligations, things we really don't want to do.

There are, of course, things we have to do whether we want to or not — go to work, clean the house, put up with cranky in-laws. But there are other things we would like to do, but don't. When we take the time to do the things that fill us with joy and happiness, that other stuff becomes easier to put up with.

So, this year, why not make resolutions to do things you want to do? Take that trip to Ireland. Buy a new car. Go for a hot-air balloon ride in New Mexico. Take a class in Tai Chi. Resolving to do something that brings you joy will help make it easier for you to take on those harder challenges.

As we write down our list of resolutions, we may tell ourselves that what we want to do, need to do, is probably impossible. There's no way I can quit

smoking or lose 30 pounds or take that trip to Ireland. But, remember, before Roger Bannister broke the four-minute mile, athletes were saying it was an impossible feat. As soon as he did, others followed, and times got shorter. Simon Alexander Ong, life designer and success strategist, says: "When you truly believe that something is possible and you're convinced it can happen, you will take action and see phenomenal results."

Another problem with resolutions is we tend to state them in the negative. I will give up smoking. I will give up drinking. To increase our chances of success, we need to think about the benefits we will receive. When I give up smoking, I will be healthier, fitter and richer. It is important to give our brains something positive to think about.

As Antoine de Saint-Exupery once put it: "If you want to build a ship, don't drum up people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea. Clarify your Vision, and motivation will come."

Finally reward yourself each step along the way. It will help keep you going. Resolutions imply imposing a hardship, denying ourselves a pleasure. They don't have to. This year resolve to enjoy life, to honor what makes you happy more than your need to please others. And that's how I see it.

(Larry P. Johnson is a motivational speaker and author. Contact him at larjo1@prodigy.net or visit his website at www.mexicobytouch.com)

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

Calendar of Events

February

- 2- Staff Meeting/Fish City Grill fundraiser
- 4- Support Group
- 5- SAILS ADA Planning Meeting
- 6- Sails Board of Directors Strategic Planning at Lions Field
- 9- SAILS Rodeo Lunch
- 11- Gateway to Abilities Workshop/Reagan HS Fair
- 15- President's Day/Holiday
- 18- Transition Tour from NISD students/Support Group/Family Endeavors
- 19- The BIG GIVE meeting
- 22- Hondo ISD Community Fair
- 23- Staff Meeting/Southside HS presentation
- 25- Support Group /Melinda RedCloud/PCG Public Meeting
- 26- PCG Tour at SAILS/NE Senior Community Fair/Thousand Oaks

March

- 3- First Friday at Morgan's Wonderland
- 4- Support Group/Southwest Outreach for Older People (SWOOP)
- 5- Low Vision Fair
- 8-- Staff Meeting
- 9- SAILS Board Meeting
- 10- Gateway to Abilities Workshop
- 17- St. Patrick's Day
- 24- Support Group/Speaker Heather Armstrong, Ombudsman
- 25- Closed for Good Friday
- 29- Staff Meeting

April

- 1- First Friday Networking/IL Support Group/ Speaker: Director of case Management at Haven for Hope
- 12- Staff Meeting
- 14- Gateway to Abilities Workshop
- 18- IL Outreach to counties
- 21- Support Group/ Presenter Dreams Fulfilled Through Music
- 22- Battle of Flowers Parade

Successful Fish City Grill Fundraiser

By Kitty L. Brietzke, J.D.

On Tuesday, February 2, 2016 Fish City Grill hosted a fundraiser to support SAILS. For guests who dined or ordered food to go SAILS received 15% of the entire day's proceeds. Staff and board members enjoyed a delicious lunch. Fish City Grill gives back to community nonprofits the first Tuesday of each month. SAILS appreciates the manager Carlos Hernandez and all the staff at Fish City Grill and our opportunity to be selected as one of the community organizations that benefits from this fundraiser.



Patty Byrd, SAILS Board Chair, and other supporters of SAILS at the fundraising event



Ms. Carol Kelly, SAILS Emeritus Board Member with husband Randy

SAILS Is For Consumers



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



James E. Hughes

San Antonio Independent Living Services (SAILS) extends congratulations and a warm welcome to Mr. Jim Hughes as a new board member. Mr. Hughes is the CEO and owner of Ageless Living Home Health, LLC, handling all aspects of his company's daily operations. Overall, he has over twenty-five years of business management. He comes to SAILS with an enthusiastic spirit of helping SAILS board members with various upcoming fundraising projects. Recently, he sponsored a corporate table at SAILS Casino Night and funded much needed board strategic training. He is off to an award-winning start!



Maggie Langley, Attorney at Law

San Antonio Independent Living Services (SAILS) extends congratulations and a warm welcome to Maggie Langley who is a practicing attorney at law. Ms. Langley has an office with her partner in the heart of the King William District in the downtown San Antonio area. She concentrates on offering business and estate planning services. Ms. Langley also served ten years in the Air Force. She comes to SAILS with a strong desire and enthusiasm to serve as a board member who will help fulfill our mission while raising important and much needed funds. She also loves helping her community and helping veterans.

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

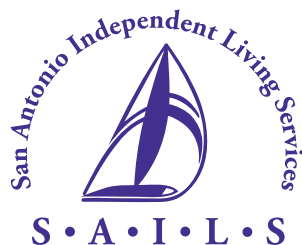
**Rod Rodriguez
Independent Living Specialist
and Volunteer Coordinator**



Rod Rodriguez

Romeo "Rod" Rodriguez began as a volunteer at SAILS in 2009 sometime after becoming disabled. He never let his disabilities be the focus, but rather his full potential. He volunteered helping recruit volunteers for SAILS events and worked on our volunteer database. During his many volunteer years at SAILS he also decided to fulfill one of his dreams and earn his Bachelor's degree with a concentration in Social Work while attending Our Lady of the Lake University in San Antonio. In January 2016 Rod learned that SAILS had an opening for a part-time IR/Volunteer Coordinator. He was very enthused and ready to apply for this professional position. Finally, Rod Rodriguez was selected for the job! San Antonio Independent Living Services (SAILS) Board of Directors and staff wish to congratulate Rod Rodriguez as the newest staff member.

San Antonio Independent Living Services
1028 S. Alamo Street
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OTHER FORMATS ARE AVAILABLE UPON REQUEST

San Antonio Independent Living Services (SAILS)

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(800) 474-0295 www.sailstx.org

SAILS Staff

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

Charles Villarreal	Accountant
Frann Wright	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
Rod Rodriguez	IR/Volunteer Coordinator

SAILS Board of Directors

Patricia M. Byrd	Board Chair
Dennis S. Wolf	Vice Chair
Jerry D. King	Treasurer
Rodney Harris	Secretary
Miguel Castro	Board member
Maggie Langley	Board member
Donna McBee	Board member
Hector Saenz	Board member
James E. Hughes	Board Member

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However, these contents do not necessarily represent the policy of the DOE or the DARS and you should not assume endorsement by local, state, or federal government.

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