

Setting Sails



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

Summer 2016

SAILS to Host 26th 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 26th 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.. A lively pep rally is planned to kick-off the celebration with chants of "ADA All the Way!" The theme for this wonderful commemorative 26th Anniversary of the ADA is Activate and Celebrate Your Abilities!

A very special keynote will open the event. Senator Jose Menendez 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 26th 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 HEB 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.



San Antonio Independent Living Services to host 26th Anniversary ADA Celebration, July 23rd, 2016 at UTSA Downtown Campus

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

Presentation to the Women's Auxiliary Meeting

By Kitty L. Brietzke, J.D.

Recently, I was honored to speak in front of a group of about fifteen seniors from the Women's Auxiliary who met at the Methodist Healthcare Ministries Wesley Health and Wellness Center. The website indicates that this beautiful center provides a continuum of holistic health and wellness programs and services on the Southside of San Antonio such as medical, dental, case management, counseling, education, nutrition and fitness.

During my presentation, I provided information about San Antonio Independent Living Services (SAILS) history, mission statement, service areas, programs and services staff provide to our consumers with disabilities. Everyone really enjoyed learning about SAILS.

These women are all very special seniors who asked many questions about access to information about personal attendant care, housing, prescription assistance, accessible ramps for homes and help with many resources for seniors. I shared that SAILS staff assists with an independent living plan and with information and resources and also provides advocacy if there is a particular situation where they might need our organization's assistance. I encouraged the members to please contact our office if anyone had further questions or needs SAILS help.



Presentation conducted at Wesley Community Center to Women's Group by Dr. Kitty Brietzke, CEO of SAILS

Consumer is Not Defined by Her Mental Illness

By Alicia Worley, IL Outreach Specialist

Ms. Kelly is a wonderful, inspirational lady who just happens to have a diagnosis of Bi-polar, a form of mental illness and other disabilities too. However, she does not let her illnesses become the main focus in her life. She wants to share with everyone that although she is no longer employed, she had been a very successful bus driver for children with special needs. She even won an award for going above and beyond in her duties.

Ms. Kelly said that she did not know that she was bi-polar and ended up going to the doctor with her mother. She has had to receive medications from a free clinic and struggle through a great deal and gain an understanding of where she is today. Her goal is to participate in SAILS Support Group and help other people with disabilities. Ms. Kelly says, "we are all from the same tree of life." SAILS is so proud of her and wishes her continued success in her life.

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SAILS Is For Consumers



The BIG GIVE S.A. 2016: A Successful Online Fundraising Campaign For S.A.I.L.S.

By Patty Byrd, Chair, SAILS Board of Directors



Patty Byrd, Chair, SAILS Board of Directors

"If you don't ask - you don't get." The BIG GIVE SA was the greatest one-day ask for San Antonio Independent Living Services (SAILS) on May 3, 2016 and all San Antonio area nonprofits. As the Chair of SAILS, I am always looking for opportunities to raise much needed funds.

This is the third year that SAILS participated in The BIG GIVE SA and the board of directors are very pleased that we increased our pledges and overall donations from 2015. Another statement I like to make is "if you make one dollar more than the year before then you are successful."

I know there were some glitches with The BIG GIVE SA, but none of us should be discouraged because we are all afforded this "extra opportunity" to raise more money for our nonprofits. SAILS is very thankful for the support, attention and customer service that The BIG GIVE SA team provided to everyone. We look forward to participating again next year!

SAILS Staff Attends the Low Vision EXPO

By Kitty L. Brietzke, J.D.

SAILS Staff Gloria Aguirre and Irma Medrano attended the Low Vision Expo on March 5, 2016 which was held at the Colonial Hills United Methodist Church. Staff members provided information and resources about San Antonio Independent Living Services (SAILS).

The Low Vision EXPO is an annual event that shares the latest low vision aids and technology for persons who are visually impaired, blind or seniors who need the resources. There were large number and talking clocks, magnifiers and talking watches and more! Besides SAILS, The San Antonio Lighthouse for the Blind, The Low Vision Resource Clinic, Alzheimer's Association, Alamo Council for the Blind, Lions Low Vision Center, Amerigroup Real Solutions, Texas Talking Books and many others were exhibitors. SAILS looks forward to participating again next year.



SAILS Staff is at Low Vision Expo to provide information on services and programs that SAILS offers to the public

Presentation to the Alamo Council for the Blind

By Kitty L. Brietzke, J.D.

The Alamo Council for the Blind (ACB) holds meetings the second Saturday of every month at the Tip Top Café located at 13835 Nacogdoches Road. Last month I was invited to be the presenter and talk about SAILS. I was so pleased with ACB that I decided to join. Again, this past Saturday, May 14, 2016, the members had questions for me about the transition of IL Blind state funding that will be transferred over to the Texas Centers for Independent Living (CILS) once the contracts are executed on September 1, 2016.

I was so happy to see everyone there and assured the members of the Alamo Council for the Blind that the CILS are poised to receive the funds to provide the same services that the Department of Assistive and Rehabilitative Services had been providing. I promised to keep everyone updated as the process moves along.



Dr. Kitty L. Brietzke was the presenter at the Alamo Council for the Blind monthly meeting.

Staff Attends Resource Fair at Morgan's Wonderland

By Kitty L. Brietzke, J.D.

On Friday, March 4, 2016 San Antonio Independent Living Services (SAILS) staff participated as an exhibitor at First Friday's network meeting and resource fair that was hosted by Morgan's Wonderland. Morgan's Wonderland was a great venue and guests were able to enjoy all the rides at this beautiful accessible amusement park.

There were approximately 70 vendors set up to provide valuable resources to seniors who reside in our community. Independent Resource Specialist and Volunteer Coordinator, Rod Rodriguez shared information about the programs and services that SAILS provides to persons with disabilities. His wife, Margie was a wonderful volunteer that day too!



SAILS IL/Volunteer Coordinator Rod Rodriguez, with his wife, Margie, volunteering at First Friday Resource Fair

You can sign up to volunteer,
to help people with disabilities,
SAILS consumers, on our website:

<http://sailstx.org>

Click link tab "Volunteer"

SAILS Staff Attends the Texas SILC Conference

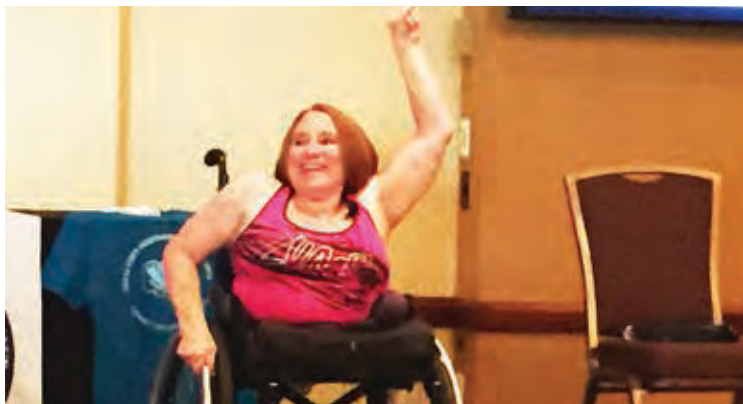
By Kitty L. Brietzke, J.D.

SAILS staff thoroughly enjoyed the Texas State Independent Living Council's conference that was held last month on April 3-5, 2016 in San Antonio at the Hilton Airport location. This was an amazing three-day event filled with knowledgeable, engaging guest speakers and opportunities for guests to mix and mingle and enjoy some great food and music.

The goals for the SILC conference were aimed at empowering persons with disabilities to be more independent through collaborating and connecting with other service organizations and people. The SILC certainly achieved this with the many exhibitors ranging from healthcare providers, transportation, education, assistive technology, transition in independent living and much more. I would like to thank the Texas SILC for choosing San Antonio, Texas as a host site this year.



Marilyn Weber from Deaf Interpreter Services at Texas SILC Conference



JoAnne Fluke teaches the crowd Zumba at Texas SILC Conference

SAILS Staff at Hondo High School Transition Fair

By Gloria Aguirre, IL Specialist

According to Disability.gov, transition planning is a process for students with disabilities that begins around middle school and focuses on life after high school. Transition planning helps students with disabilities, as well as their parents and guardians, understand the opportunities available to them after they graduate from high school. High School students who have disabilities are very anxious to take the next steps in their lives by transitioning into college, vocational training, employment and their finding their own place to live independently.

Hondo High School's Transition Fair was a great success because there were so many resources available to assist the students and their parents. I really enjoyed meeting the students and family members who stopped by the SAILS booth. Everyone seemed very interested in what staff can do to help with transition. I explained that transition is different for every student because each person needs their own individualized plan. SAILS staff is available for helping the student develop their transition plan.



SAILS staff attends Hondo Highschool Transition Fair

Calendar of Events

May 2016

- 3- Staff Meeting
The BIG GIVE in San Antonio
- 6- First Friday Networking/IL Support Group:
Therapy Animals of SA
Melinda Redcloud & San Antonio Lighthouse
for the Blind/ De De Rodriguez
- 17- In-Service CPR Training for SAILS Staff
Alamo Caregiver Coalition Meeting
- 19- Silver Solutions Resource Fair at TriPoint
Event Center, San Antonio
Healthy Aging Conference at Citizens Medical
Center, Victoria, Texas
- 24- Staff Meeting
- 26- IL Support Group: Habitat for Humanity/Blanca
Salazar
Power of the Purse

June 2016

- 3- First Friday Networking Meeting/Franklin Park
IL Support Group/Quinto Sanchez, M.A.
- 7- Staff Meeting
- 8- SAILS Board of Director's Meeting
- 14- Flag day
- 17- ADA Planning Committee Meeting
- 23- IL Support Group Meeting
- 28- Staff Meeting

July 2016

- 1- SAILS IL Support Group Meeting
- 4- Independence Day Holiday!
- 8- ADA Planning Committee Meeting
- 12- Staff Meeting/Internal ADA Planning Meeting
- 23- SAILS 26th Annual ADA Celebration/Downtown
UTSA Campus
- 25-28 NCIL Conference/Grand Hyatt, Washington,
D.C.

Online Request For Services, SAILS Consumers:

<http://sailstx.org>

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

UTSA Business Majors Volunteers

By Kitty L. Brietzke, J.D.

Last month, San Antonio Independent Living Services (SAILS) had a very nice group of volunteers from the University of Texas at San Antonio (UTSA) come to help out with marketing our services as part of an assigned project. The gifted volunteers are Joan Ruesewald, Alejandra Bravo and David Kincho. They are all Business majors who will soon graduate. They said, "we really enjoyed learning about what it is like working at a nonprofit." SAILS really appreciated the help too. We wish these awesome volunteers much luck after their graduation and hope that they will come back and help out again.



Dr. Kitty Brietzke and volunteers from UTSA
in the Computer Lab at SAILS

**Current SAILS events can always be viewed
on our Facebook page:**

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

Click To Like Us!

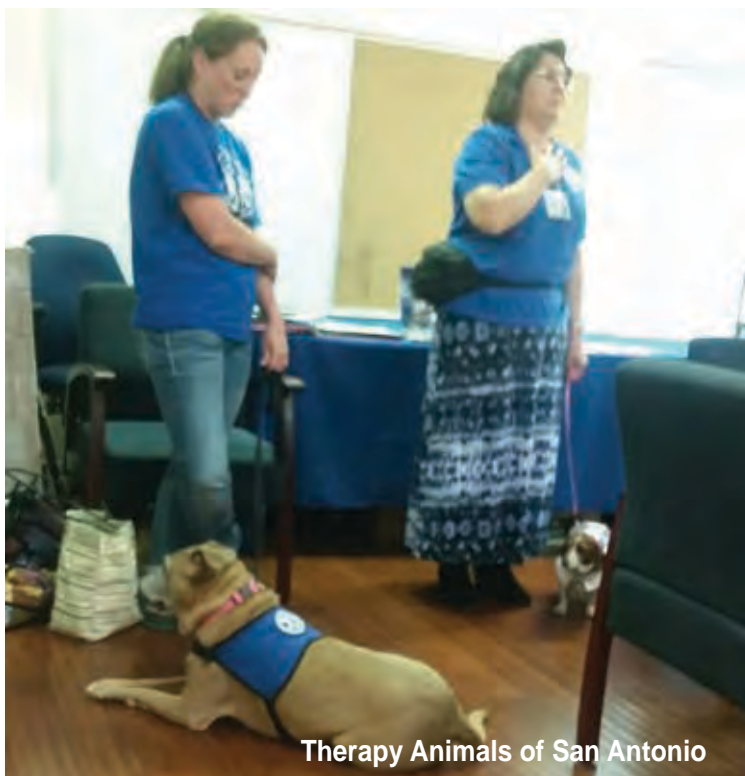
SAILS IL Support Group Enjoys Learning About Therapy Dogs

By Alicia Worley, IL Outreach Specialist

On Friday, May 6, 2016 the SAILS IL Support Group received a real treat when the Therapy Animals of San Antonio came by with a couple of their “furry friends” to teach attendees about the importance of therapy dogs. Melissa Redcloud and her assistant informed everyone how therapy animals help to reassure people with disabilities. Sometimes people with stress, mental or emotional diagnosis need to feel safe and secure. The therapy dogs were available for staff and attendees to touch because unlike guide dogs, “these are not working dogs.”

These dogs provide animal assisted therapy. They guide and help their owners in a particular way depending on the type of therapy need. Ms. Redcloud related that it is important to train the owners of the therapy dogs.

Therapy Animals of San Antonio staff visits nursing homes, rehabilitation centers, schools and many other places. The attendees of the IL Support Group really loved this special visit and felt the presentation was beneficial to everyone, especially when they learned the difference between guide dogs and therapy dogs.



Therapy Animals of San Antonio

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

Alicia Worley
IL Skills/Outreach Specialist



Alicia Worley

San Antonio Independent Living Services (SAILS) welcomes Ms. Alicia Worley as the new IL Skills/Outreach Specialist. She has previous experience working at the Northside Independent School District working with special needs children and has a real grasp with understanding the types of barriers they face on a daily basis. She also has experience teaching computer skills. Alicia will be a real asset to SAILS since she is bilingual and able to speak, read and write both English and Spanish. She says she looks very forward to working at SAILS to help her consumers with their plans to live fuller and more independent lives.

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"

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)

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Alicia Worley	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

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Donna McBee	Board member
James E. Hughes	Board Member

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