

# Setting Sails



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

Summer 2017

## SAILS to Host 27th Annual Americans with Disabilities Act (ADA) Celebration at Villita Hall



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

San Antonio Independent Living Services (SAILS) will host the 27th Anniversary of the Americans with Disabilities Act (ADA) celebration at 401 Villita Street on Saturday, July 22, 2017 from 8:30a.m until 1:00p.m.. A lively pep rally is planned to kick-off on stage at the celebration with chants of "ADA All the Way!" The theme for this wonderful commemorative 27th Anniversary of the ADA is "Living a Healthy and Independent Life."

A keynote speaker will share an inspirational story. Councilman Diego Bernal will be honored as Public Servant of the Year and convey his thoughts for the community. SAILS expects over 50 community exhibitors to provide valuable information and services for the guests attending the 27th Anniversary of the ADA celebration. There will be 12 community awards in various categories and drawings for prizes throughout the morning. Everyone will also be treated to a FREE lunch!

The 27th ADA celebration is open to the public event. SAILS invites everyone to attend. For information regarding how to register as an exhibitor or to attend please call 210-281-1878 extension 118.

## Americans with Disabilities Act (ADA) 27th Anniversary Celebration

Saturday - July 22nd, 2017

8:30 am - 1:00 pm

Living a Healthy  
and Independent Life!

at Villita Assembly Building Exhibit Halls  
401 Villita St.  
San Antonio, TX 78205

**SAVE THE DATE!**



**Exhibitors, please contact:**

**Dr. Kitty Brietzke**  
**CEO, Development Officer**  
**210.281.1878 ext#118**  
**kbrietzke@sailstx.org**  
**or Rod Rodriguez**  
**210.281.1878 ext#123**

## Samuel Cuellar's New Ramp is a Life Saver

By Amir Shipp, IL Outreach Specialist

Samuel Cuellar is a 44-year-old man from San Antonio who has muscle weakness due to a stroke. He relies on his wheelchair to move around from place to place. However, sadly, he was confined to his home for a long time because he needed a ramp to access the outside of his home and community. Mr. Cuellar was originally a consumer of the Department of Assistive and Rehabilitative Services (DARS) and his case had been pending services since May 2017. When SAILS received the funds for the DARS Outsourcing contract he was one of our priorities to help. He recently received his new ramp through SAILS and says, "I am very grateful for the ramp. It is a blessing and a life saver." He is so glad that he can access and leave his home in a safe manner and not worry about falling.



An access ramp was installed at Samuel Cuellar's home, it is a life saver

## Stefanie Lives More Independently With Her New Standing Power Chair

By Farrah Brooks, IL Outreach Specialist

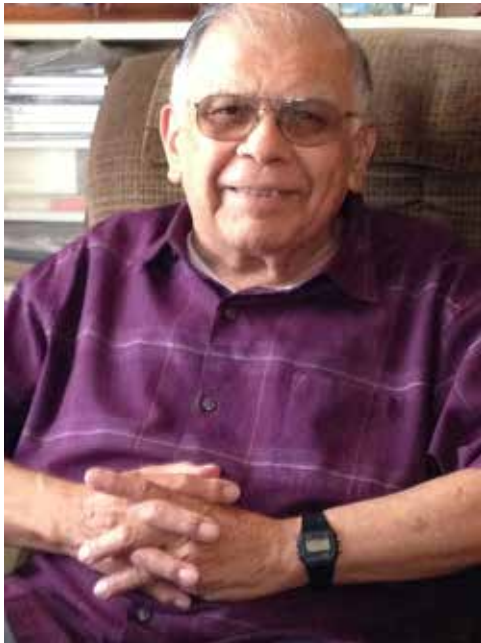
IL outreach specialist, Farrah Brooks, led me through the process to accomplish my goal to get on my feet again with the assistance of a new standing power chair. My new wheelchair lets me regain some independence with the ability to be on my feet or sit at conversation level. It also greatly expands my options in physical therapy. I'm a mom and a passionate advocate for others living with multiple sclerosis. I am a member of the local MS group, Team Wingman. I also recently testified at the Texas Capitol in support of access to adult stem cell therapy. Thanks to the support of SAILS, I can keep going.



Stefanie Cowley can live more independently now with her new Standing Power Chair

## Mr. Abel Hernandez Is So Happy: He Can Hear Very Well Now With His New Hearing Aids

By Kemberley Calk, IL Outreach Specialist



Mr. Abel Hernandez is so happy that he can hear very well now with his new hearing aids

When SAILS Victoria office opened, Mr. Abel Hernandez was my first consumer. His case was turned over to SAILS from the Department of Assistive and Rehabilitative Services (DARS) and he had been waiting for hearing aids for a long time.

When I had the pleasure to meet him for the first time it was difficult to communicate with him, his hearing was significantly deteriorated.

Consequently, he has been relying on his daughter for many things. He also has had a hard time communicating with family and friends in social situations and being part of their conversations which made him feel isolated.

He was so happy when he found out he had been approved to receive hearing aids.

## Azeneth DeLa Rosa is gaining more independent living skills

By Rod Rodriguez, IL Outreach Specialist

Ms. Azeneth De La Rosa was originally referred to SAILS by the Department of Assistive and Rehabilitative Services (DARS).

She was very interested in improving her daily living skills and learn some office skills by volunteering. First, I listened to her needs and then encouraged her to contact Criss Cole Rehabilitation in Austin, Texas where she soon began to get services to improve her daily living skills, receive orientation and mobility training, braille and communication skills training. She was also able to receive some basic computer skills. She went even further to volunteer in the community to improve her office skills which improved her confidence.

Congratulations Azeneth! You are amazing!



Azeneth DeLa Rosa is gaining more independent living skills

## SAILS Attends Healthy Aging Conference in Victoria

By Kitty L. Brietzke, J.D.



Kemberley Calk, and Marjorie Anders, IL Outreach Specialists are at Healthy Aging Conference in Victoria

IL Outreach Specialists, Kemberley Calk and Marjorie Anders attended the Victoria, Texas “Healthy Aging Conference” on May 18, 2017. Hundreds of visitors came to learn about all the important resources that can help with independent living.

Kem and Marjorie really enjoyed working the SAILS booth and sharing information about the complex rehabilitation technology products and services that they are able to provide to eligible consumers. Many attendees at the SAILS booth asked questions about how to obtain accessible ramps, hearing aids and prosthetics. Staff enjoyed meeting the guests at the booth, many who were seniors. Kem and Marjorie are looking forward to next year’s conference in Victoria.

## SAILS Is At Any Baby Can Resource Fair

By Kitty L. Brietzke, J.D.



SAILS staff attends Any Baby Can Resource Fair (from left to right: Program Director Abel Zamora, IL Specialists Farrah Brooks, Josefa Zatarain-Flournoy and Amir Shipp)

The cool breezes and unexpected winds didn’t keep SAILS staff from a fun event. Abel Zamora, Farrah Brooks, Josefa Flournoy and Amir Shipp were very busy working a booth at the Cornyval grounds in Helotes for the AnyBabYcan Walk for Autism and Resource fair. This is an annual event that SAILS participates in to meet many people in our community who have disabilities, especially with Autism. Staff provided information about our independent living services, support groups and complex rehabilitation services.

**SAILS Office Hours**  
Monday - Friday 8:00am - 5:00pm

**Main Office**  
1028 South Alamo  
San Antonio, Texas 78210  
210.281.1878 V/TDD  
210.281.1759 FAX

**Victoria Office**  
5606 N. Navarro, Suite 307  
Victoria, TX 77904  
361.574.7880 V/TDD  
361.574.7855 FAX

**To Volunteer at SAILS Office and Events**  
[sailstx.org](http://sailstx.org)  
Click "Volunteer" Tab

# \$2,000

a year in **DENTAL CARE.**



**Got these cards?** Get more benefits than you're currently getting from Original Medicare with a **UnitedHealthcare Dual Complete® (HMO SNP)** plan.

The plan covers preventive and comprehensive dental work such as: exams, x-rays, cleanings, extractions, periodontal services and more.

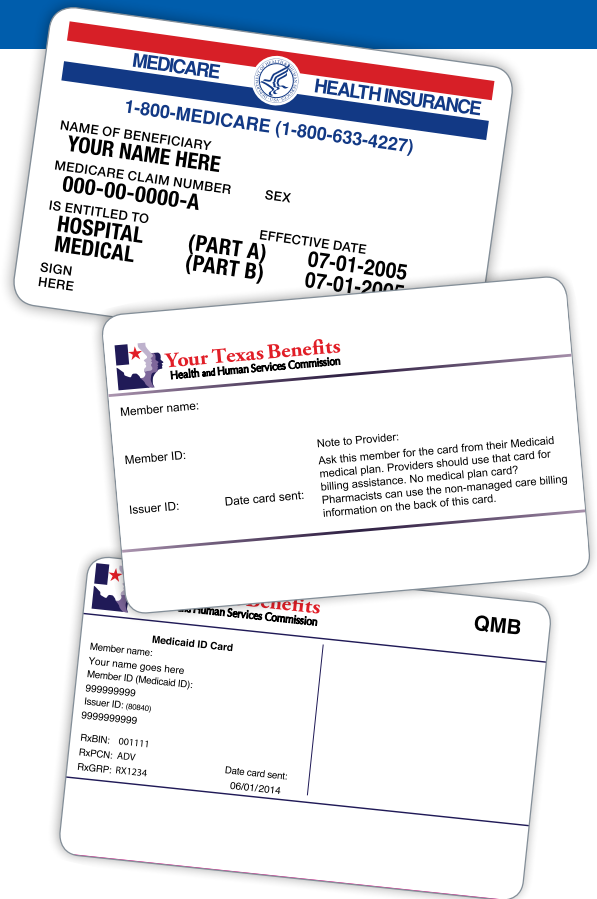
**That's something to smile about.**



**Call today to enroll or get answers to your questions.**



Kimberly Rodriguez  
Licensed Sales Agent  
**210-392-0312, TTY 711**  
[www.coverage2care.com](http://www.coverage2care.com)



[UHCCommunityPlan.com/TX](http://UHCCommunityPlan.com/TX)



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare. This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. Premiums, co-pays, co-insurance and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. UnitedHealthcare Insurance Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-277-4716 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-277-4716 (TTY: 711)。

# Calendar of Events: May, June, July

## 2017 Big Give Day and SAILS

### May 2017

- 2 Staff Meeting
- 4 THE BIG GIVE SA
- 5 Support Group Meeting: City of San Antonio
- 5 City of San Antonio Disability Access Office
- 10 Board of Directors Planning Meeting
- 11 SAILS Board of Director's Meeting
- 14 Happy Mother's Day
- 18 Healthy Aging Conference, Victoria, Texas
- 18 SAILS Support Group: S.A. Food Bank
- 19 ADA Planning Meeting
- 21 AIRS Conference
- 23 SAILS Staff Meeting
- 24 Ukraine Guests Visit SAILS
- 29 Memorial Day Holiday-Closed
- 30 Networking Meeting at Inn of Los Patios

### June 2017

- 2 SAILS Support Group: Medicare 101/ Savings Program
- 10 Rodney Harris/Fundraiser at BIG'z Burrger Joint & Karaoke
- 13 Staff Meeting
- 14 SAILS Board of Director's Meeting
- 15 Support Group Meeting
- 16 ADA Planning Meeting
- 18 Happy Father's Day
- 27 Staff Meeting

### July 2017

- 4 Independence Day/Holiday
- 7 Internal ADA Meeting & Support Group Meeting
- 11 Staff Meeting
- 12 Board Planning Meeting
- 17 Internal ADA Planning Meeting
- 22 SAILS 27th ADA Celebration at Villita Hall
- 23 NCIL Conference



May 4, 2017 was THE BIG GIVE SA! SAILS Program Director Abel Zamora won a delicious gift basket donated by the CEO. The basket was filled with steaks, chicken and BBQ gadgets and more!

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



Michelle Jackson  
IL/Outreach Specialist

Michelle Jackson joined the team at SAILS on May 22, 2017. Everyone at SAILS would like to welcome her to her new job as an IL Outreach Specialist. Michelle is a recent graduate from the University of Texas in San Antonio with a Bachelor's of Science degree and concentration in Public Health. She has previous experience working as a caseworker and helping people in crisis. We know Michelle will be a great fit for SAILS!

## SAILS Support Group Discusses Medicare 101

By Kitty L. Brietzke, J.D.



SAILS Support Group discusses Medicare 101

SAILS hosted another fun and informative Support Group meeting. Angela Cole and Michael Helberg were presenters who discussed Medicare 101 and the Medicare Savings Program. The attendees welcomed them and asked many questions about the different plans. Light refreshments were provided courtesy of Linda Knolton.

### Online Request For Services, SAILS Consumers:

<http://sailstx.org>

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



Guests from Ukraine has questions answered about independent living programs that SAILS has been providing to local communities since 1981.

## People With Disabilities From Ukraine Visit SAILS

By Kitty L. Brietzke, J.D.

On May 24, 2017 several guests from Ukraine came to visit San Antonio Independent Living Services (SAILS). I had the pleasure of meeting them and presenting information about our history, philosophy of independent living and programs and services with, of course, language interpreters available. Our guests from Ukraine each had some form of disability themselves and were excited to be at our center. They came to SAILS to learn how staff help persons with disabilities. One curious guest named Sergy asked, "how exactly do you go about helping someone in a wheelchair?" I explained that my staff focus upon the person with the disability and ask what they need for assistance and ask what can we do to assist them with their goals towards independence. I shared that SAILS is a nonprofit that is a center for independent living and that there are hundreds of state and federal-designated centers throughout the United States. Finally, I was also able to explain the protections of the Americans with Disabilities Act (ADA) for persons with disabilities. They acknowledged that they don't have this support. After the presentation, an interpreter stated that they were all impressed with the presentation and he related that the guests from Ukraine mentioned, "they really liked our philosophy and that we focused on the person, not the device" (such as the wheelchair).



People With Disabilities From Ukrain  
Visit SAILS

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 sailstx.org

#### SAILS Staff

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

Charles Villarreal	Chief Financial Officer
Frann Wright	Executive Adm. Assistant
Abel Zamora	Program Director
Corrina Hernandez	IL/Outreach Specialist
Farrah Brooks	IL/Outreach Specialist
Amir Shipp	IL/Outreach Specialist
Michelle Jackson	IL/Outreach Specialist
J. Zatarain-Flournoy	IL/Outreach Specialist
Bill Borellis	CWIC
Irma Medrano	CWIC
Mary E. Blake	IL Skills Coordinator
Rod Rodriguez	IR/Volunteer Coordinator
Cynthia Contreras	Receptionist
Kemberley Calk	IL/Outreach Specialist (Victoria)
Marjorie Anders	IL/Outreach Specialist (Victoria)
Josephine Salas	Receptionist (Victoria)

#### SAILS Board of Directors

Patricia M. Byrd	Board Chair
Dennis S. Wolf	Vice Chair
Rodney Harris	Secretary
Miguel Castro	Board member
Donna McBee	Board member
Gary Owens	Board Member

This publication was made possible by contracts from the Department of Health and Human Services (HHS) at 21.70%, and HHS Outsourcing 36.21%, Administration on Community Living at 21.58%, SSA at 11.67%, CyPres at 8.47% and unrestricted .30%.

However, these contents do not necessarily represent the policy of the HHS, ACL, SSA and CyPres and you should not assume endorsement by local, state, or federal government.

**Setting SAILS is published quarterly by  
San Antonio Independent Living Services.  
Editor: Kitty L. Brietzke, J.D.,  
SAILS' Chief Executive Officer.  
Designed and printed by Comtekmedia.**