

# Setting Sails



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

Summer 2018

## SAILS to Host 28th 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 28th Anniversary of the Americans with Disabilities Act (ADA) celebration at 401 Villita Hall on Saturday, July 28, 2018 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 28th Anniversary of the ADA is "Empowerment and Inclusion!"

Gordon Hartman, founder of Morgan's Wonderland will be the keynote speaker for this year's Americans with Disabilities Act (ADA) celebration. SAILS expects over 50 community exhibitors to provide valuable information and services for the guests attending the 28th Anniversary of the ADA celebration. There will be 12 community awards in various categories and drawings for prizes throughout the morning. Attendees will also be treated to a FREE lunch!

The 28th Americans with Disabilities Act (ADA) celebration is open to the public. SAILS invites everyone to attend. For information regarding how to register as an exhibitor, sponsor or to attend please call 210-281-1878 extension 118 or visit [sailstx.org](http://sailstx.org). Current sponsors include Aetna, Gordon Hartman Family Foundation, VIA Metropolitan Transit Authority, Mobility Works, PCSI, Project Mend, Goodwill Industries, Deaf Interpreters Services, Inc., 101 Mobility, Connect Hearing, Premier Prosthetics, AccessAbility1, Wellcare, Rodney Harris, UnitedHealthCare, Cubie Co., Frost Bank, and Documation.

## Americans with Disabilities Act (ADA) 28th Anniversary Celebration

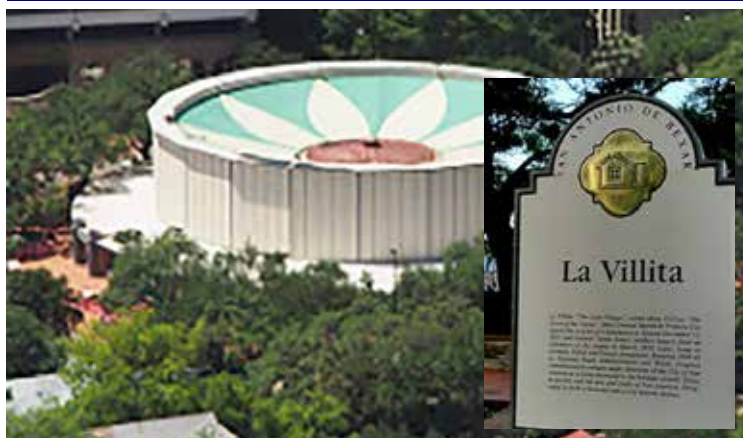
Saturday - July 28, 2018

8:30 am - 1:00 pm

### Empowerment and Inclusion for People with Disabilities

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

## SAVE THE DATE!



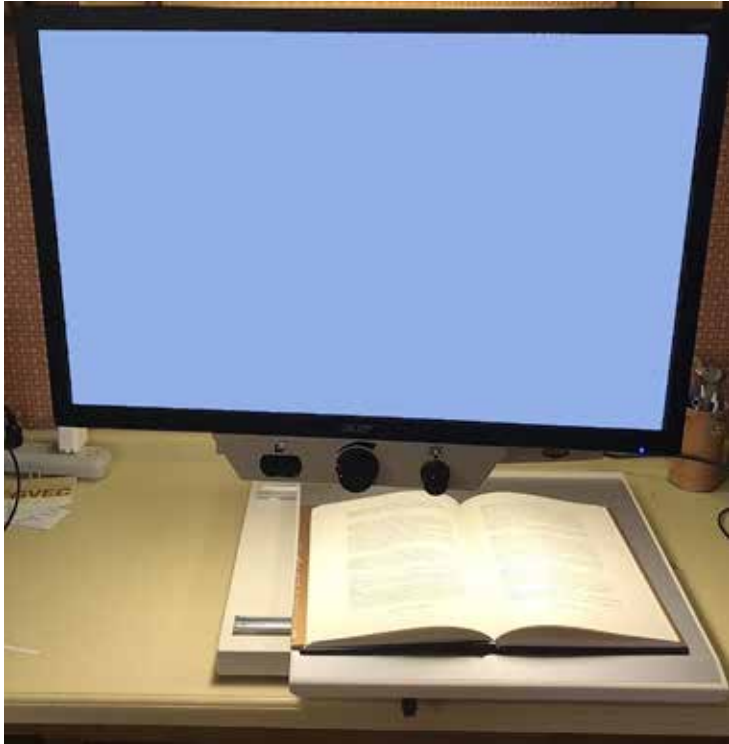
Keynote Speaker:  
Mr. Gordon Hartman,  
Founder/CEO  
Morgan's Wonderland  
and Hartman Family Foundation

Exhibitors, please contact:

Dr. Kitty Brietzke  
CEO, Development Officer  
210.281.1878 ext#118  
[kbrietzke@sailstx.org](mailto:kbrietzke@sailstx.org)

## Consumer Receives CCTV System: Seeing And Reading Well Now

By Megan Zambo, IL/Outreach Specialist



SAILS IL/Outreach Specialist, Megan Zambo enjoyed helping a consumer who needed and requested a CCTV to help him improve his independence in reading. The consumer has a vision disability. He is also an avid reader but was having difficulty reading his favorite novels, the newspaper, magazines because he had to use a magnifying class. He also had problems holding the magnifying class.

The CCTV he requested would make his daily life much easier and enjoyable. He was so happy when Megan Zambo and her Program Director showed up at his home when the CCTV was delivered and walked him through the process of using the CCTV and all the functions.

He happily stated that the device was "better than sliced bread!"

## Hearing Aids And Volunteering Again !

By Rosa Guerra, IL/Outreach Specialist



Ms. Rosalinda Rodriguez with new hearing aids, and volunteering again!

Rosalinda Rodriguez visited SAILS requesting assistance with hearing aids. Ms. Rodriguez is a very joyful woman but had become discouraged and expressed to ILS that it was very frustrating for her not to be able to hear clearly, also, not to be able to socialize or do community work. She was slowly losing interest in participating with the community.

ILS asked her how she feels now and she said " I am so happy now and I am volunteering again at the Food Bank.". Ms. Rodriguez mentioned she enjoys helping people. She also stated "My primary care doctor and children are also happy for me".

She went on to mention she feels more independent and is communicating better with her family. She is very satisfied with her hearing aids.

**Online Request For Services, SAILS Consumers:**  
**<http://sailstx.org>**  
**Click link tab "Contact",**  
**and then "Request For Services"**



## Aetna Representative Conducts A Presentation at SAILS Support Group: Get What's Yours for Medicare And Medicaid

By Janice Berechi Onyejiako,  
IR/Volunteer Coordinator



Support Group Meeting on Medicare, Medicaid a presentation by Mr. Richard Cabada of Aetna

Mr. Richard Cabada from Aetna shared valuable information about the dual programs offered by Medicare and Medicaid to the Support Group members on May 4, 2018.

He stressed to know your plan and which physicians participate and ask questions at doctor's appointments. He stated that as you approach closer to age 65 years you need to respond to any mail inquiries sent to you. He shared with everyone that there are traditional or original plans but many people are not knowledgeable about their coverage. He stated it was important to elect a Medigap prescription plan.

The Support Group members were very focused on the presentation and enjoyed having a copy of the presentation for a future reference guide.

## SAILS Support Group Members Learn Ways to Cope with Anger

By Kitty L. Brietzke, J.D.



SAILS Support Group Meeting: members learn how to cope with anger

Master's Degree Students from The University of Texas at San Antonio Sarabia Family Campus Counseling Center came to San Antonio Independent Living Services (SAILS) to present information to the Support Group members about ways to cope with anger.

They were provided information on how to de-escalate situations, how to de-stress and stay calm when needed. They engaged in questions and shared information on how they deal with their own disabilities on a daily basis and when tough situations arise.

Everyone seemed to benefit from the information.

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

<http://sailstx.org>

**Click link tab "Volunteer"**

## Corrina Hernandez, IL Outreach Specialist of SAILS Attends Annual AIRS Conference in Dallas

By Kitty Brietzke, J.D.



Corrina Hernandez, IL Outreach Specialist of SAILS  
attends Annual AIRS Conference in Dallas

SAILS IL/Outreach Specialist, Corrina Hernandez attended the annual AIRS Conference held in Dallas June 3-6, 2018. The overall heading for the conference was “I & R’s, Big Ideas, Big Hearts, Big Impact.

She attended several workshops such as , “Targeting and Service Outreach for Hard to Reach Populations,” “Listening between the Lines,” “Reducing Mental Health Stigma,”and Overcoming the Challenge of Connecting Consumers to Transportation,” and more. Corrina said she was very moved by the workshop dealing with mental health and said, “ I learned how to speak to a person who has a mental illness. You don’t say, that person is bi-polar, rather that is a person with a mental health diagnosis or issue.”

Corrina is glad she was able to use her skills and learn more about how to connect her consumers with all types of disabilities with the valuable resources they need.

## Calling All Community Volunteers for the ADA Anniversary Celebration Event

By Janice Berechi Onyejiako,  
IR/Volunteer Coordinator



San Antonio Independent Living Services (SAILS) is hosting the 28th Annual Americans with Disabilities Act (ADA) Celebration. The theme this year is “Empowerment & Inclusion” (see front page). Every year SAILS reaches out for volunteers for this wonderful free community-wide event.

100 Volunteers are needed for registering guests, setting up, assisting exhibitors, serving food and cleaning up after the event. Please contact Janice Berechi Onyejiako, IR/Volunteer Coordinator at 210-281-1878 extension 123 to sign up to be one of our volunteers for the ADA Anniversary Celebration Event!

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

**<http://sailstx.org>**

**Click link tab "Volunteer"**



# SAILS Is For Consumers



## SAILS Support Group Meetings: A Presentation by Jefferson Dental Care



SAILS Support Group Meeting:  
a presentation by Jefferson Dental Care

Ms. Martha Uribe the Community Wellness Coordinator of Jefferson Dental Care spoke to the consumers about accessible oral healthcare by offering a dental saving plan for basic services for those who cannot obtain dental insurance. Ms. Uribe educated the consumers on dental health and the importance of keeping your teeth clean and healthy.

Ms. Uribe spoke on other health issues like heart disease that could result from poor oral health. Several of the participants voiced they did not have dental health coverage and made in depth inquiries about the price break down. Many shared their dental challenges with high concerns of the cost factor. Ms. Uribe mentioned Jefferson Dental Care had merged with other two big dental companies. She was most happy to announce to the support group that the children services will merge with the adult coverage program.

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

|                          |                            |
|--------------------------|----------------------------|
| Main Office              | Victoria Office            |
| 1028 South Alamo         | 5606 N. Navarro, Suite 307 |
| San Antonio, Texas 78210 | Victoria, TX 77904         |
| 210.281.1878 V/TDD       | 361.574.7880 V/TDD         |
| 210.281.1759 FAX         | 361.574.7855 FAX           |



SAN ANTONIO INDEPENDENT LIVING SERVICES  
IS PLEASED TO PRESENT THE

2018 CASINO NIGHT  
**Oktoberfest**

FRIDAY OCTOBER 26TH, 2018  
6:30PM - 10:00PM

FORMAL OR OKTOBERFEST ATTIRE  
THE ROSENBERG SKYROOM  
INCARNATE WORD UNIVERSITY  
HILDEBRAND AND BROADWAY, SAN ANTONIO

OUR 37TH ANNIVERSARY CELEBRATION

PLEASE JOIN US FOR OUR  
2018 CASINO NIGHT OKTOBERFEST  
WITH BIERGARTEN FOODS AND DRINKS  
FOR A GREAT CAUSE!

FOR SPONSORSHIP OPPORTUNITIES, TICKETS,  
CONTACT OUR C.E.O. KITTY BRIETZKE, J.D.  
210.264.3501 KBRIETZKE@SAILSADVOCATES.ORG

## May 2018

- 4 SAILS Support Group/Richard Cabada from Aetna
- 8 Staff Meeting
- 9-10 SAILS Board Planning Meeting
- 11 ADA Planning Committee Meeting
- 17 Support Group/AACOG/Dianne Teran:How to Find a Provider
- 28 Memorial Day Holiday

## June 2018

- 1 SAILS Support Group/UnitedHealthCare
- 5 Staff Meeting
- 13 SAILS Board/Planning Meeting
- 15 ADA Planning Committee Meeting at VIA
- 21 SAILS Support Group/Center for Healthcare
- 22 Staff Internal ADA Meeting

## July 2018

- 4 Independence Day-Holiday
- 6 Internal ADA Meeting
- 10 SAILS In-Service Training
- 23-27 NCIL Conference in D.C.
- 28 SAILS 28th Annual ADA Celebration

## SAILS Attends Harlandale ISD Resources Fair

By Irma Medrano, CWIC Specialist and Rosa Guerra, IL/Outreach Specialist



SAILS Attends Garlandale HS Resources Fair  
Irma Medrano, CWIC Specialist and Rosa Guerra, IL Outreach Specialist

SAILS Staff Irma Medrano and Rosa Guerra participated in the Harlandale ISD “What’s Next?” Resource Fair to outreach the students transitioning into employment, higher education or a place of their own. Staff don’t want these students to “fall through the cracks.” Irma explained how students can go to work without their benefits. Rosa explained that she is able to work with students by developing an independent living plan for their success.

There is assistance at san Antonio Independent Living Services (SAILS) for high school students who are disabled and transitioning to the next level.

Please contact SAILS at 210-281-1878 for help or answers to your questions.

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# SAILS Is For Consumers



## With A Ramp Mr. Guadalupe Rodriguez Is Able To Access In And Out His House Safely Now!

By Kemberley Calk, IL/Outreach Specilist



Mr. Guadalupe Rodriguez is able to have safe access in and out his house with a ramp

Mr. Guadalupe Rodriguez is so very grateful to finally be able to enter and exit his house safely. He was previously using a ramp that was not secured properly nor adequate for safe access.

Mr. Rodriguez feels much more confident and independent. He can now come and go without fear. He says, "I am very happy with the final product and what it does for my daily life!"

## Cheryl Rodriguez Is So Happy With Her Hearing Aids!

By Kemberley Calk, IL/Outreach Specilist



Ms. Cheryl Rodriguez is so happy with her hearing Aids!

Cheryl Rodriguez loves life and loves to play Bingo at the Senior Citizen's Center in Victoria. She is so happy now that she has her new hearing aids from San Antonio Independent Living Services (SAILS) with funds from the State of Texas Health and Human Services (DARS Outsourcing Program).

It is hard to be truly part of family conversations when you can't hear everything that is being said. Ms. Rodriguez says, "I am now enjoying being a part of the family conversations, especially understanding my grandchildren!"

## SAILS Attends Lavaca Medical Center Spring Health Expo

By Marjorie Anders, IL/Outreach Specilist



Marjorie Anders of SAILS-Victoria participated in the Lavaca Medical Center Spring Health Expo event on Wednesday, May 9, 2018 – 10 a.m. to 1 p.m. in Hallettsville. Marjorie spoke personally with nearly a hundred interested individuals or families among the over 500 attendees about SAILS services available to them in the Golden Crescent area. She provided information on how to access these services with durable medical equipment for people with disabilities. This year's motto "Homerun for Health" created overall excitement, since each of the exhibitors decorated their booths with a baseball inspired theme, and at the end of the event one exhibitor won a prize for the best decorated booth!

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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V/TDD (210) 281-1878 , Fax (210) 281-1759

(800) 474-0295 sailstx.org

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| Rosa Guerra        | IL/Outreach Specialist            |
| Alicia Worley      | IL/Outreach Specialist            |
| Bill Borellis      | CWIC                              |
| Irma Medrano       | CWIC                              |
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| Janice Berechi     | IR/Volunteer Coordinator          |
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| Marjorie Anders    | IL/Outreach Specialist (Victoria) |
| Josephine Salas    | Receptionist (Victoria)           |

#### SAILS Board of Directors

|                |              |
|----------------|--------------|
| Dennis S. Wolf | Chair        |
| Vacant         | 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.**

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**SAILS' Chief Executive Officer.**

**Designed and printed by Comtekmedia.**