

Setting Sails



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

Spring 2017

SAILS to Host 27th Annual Americans with Disabilities Act (ADA) Celebration at Villita Assembly 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 the Villita Assembly Hall located at 401 Villita on July 22, 2017 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 27th Anniversary of the ADA is Living a Healthy & Independent Life.

A very special keynote will open the event. Councilman Diego Bernal will be honored as Public Servant of the Year and share his words for the community. Additionally, 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 be treated to a light lunch too!

This absolutely 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. If you would like to volunteer for the ADA celebration please contact IR/ Volunteer Coordinator Rod Rodriguez at 210-281-1878, extension 123.

SAVE THE DATE!

**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**

Exhibitors:

Contact

Dr. Kitty Brietzke

CEO, Development Officer

210.281.1878 ext#118

kbrietzke@sailstx.org

Consumer is Happy with Provider and New Resources

By Corrina Hernandez, IL Outreach Specialist



Corrina Hernandez,
IL/Outreach
Specialist

Mr. Darrel Buesing lives in Cuero, Texas. He lost his vision about a year ago due to diabetes. He was in dire need of a home health provider. When I visited with Mr. Buesing in January I discovered he was eating unhealthy foods and unable to do any type of activities such as cleaning and cooking. He also was having a rough time in his life due to the loss of a close family member.

I advocated on behalf of Mr. Buesing to get him the home health services he greatly needed. We worked together to locate a provider of his choice. By February, he was happily receiving provider services. Additionally, Mr. Buesing shared that he sits at home all day. I asked him if he knew about Talking Books, an audio reading program. He is now happily connected to Talking Books through the free library services.

SAILS IL Outreach Specialist Attends Ignite the Connection Fair in Victoria

By Kitty L. Brietzke, J.D.

The "IGNITE the Connection" fair was held on February 1, 2017 at the First United Methodist Church at 407 N. Bridge Street in Victoria, Texas. SAILS IL Outreach Specialist, Marjorie Anders enjoyed working at our exhibit booth. Marjorie distributed SAILS brochures and explained our DARS Outsourcing contract where she can assist person with disabilities with complex rehabilitation technology such as prosthetics, ramps, home modifications, hearing aids and vehicle modifications.

There were several presenters at the "IGNITE the Connection" fair. The Texas Workforce Solutions, a Community Action Committee member and Health and Human Services Commission relayed information

Hearing Conversations and Music Again

By Amir Shipp, IL Outreach Specialist



Amir Shipp,
IL/Outreach
Specialist

Michael Sutton is a consumer of SAILS. He previously was awaiting services from the Department of Assistive and Rehabilitative Services (DARS) and then his case was transferred to SAILS when the IL Rehab Technology Program was transitioned to our DARS Outsourcing contract.

He had been waiting a long time for hearing aids. He told me that he was having a terrible time trying to understand everyday conversations with his mother and other family members too. His hearing loss was affecting his daily life and enjoyment of simple things that most of us take for granted.

I was very pleased to work through the process of assisting Mr. Sutton receive his hearing aids successfully through SAILS new DARS Outsourcing contract. He is so happy that he can hear again and enjoy his family conversations and enjoy music again.

to guests and exhibitors all in an effort to provide a real connection to resources for consumers. Marjorie Anders said she really enjoyed being there and learned a great deal about community resources. Marjorie Anders works with IL Outreach Specialist Kemberley Calk and receptionist Josie Salas at the SAILS Victoria site located at 5606 N. Navarro street.



Marjorie Anders, IL/Outreach Specialist attends "Ignite the Connection Fair" in Victoria

SAILS Is For Consumers



Housing Assistance and Transportation Makes Life Easier for Consumer

By Farrah Brooks, IL Outreach Specialist



Farrah Brooks,
IL/Outreach
Specialist

Carolyn Wagner is a consumer of SAILS and visited with me about her needs. She is a person with a disability and needs dialysis treatments. She explained she needed assistance with VIATrans so that she can get to her medical appointments. I assisted her with the application process and followed up to ensure she was approved. She was also anxious to receive any help she could get

to locate housing. She is now living near San Antonio College. This works out so well for her because her son will soon be attending classes there.

Carolyn Wagner has also been introduced to SAILS Support Group meetings. She recently attended the meeting and enjoyed herself very much. I hope she will continue to come to SAILS. We are always there to help and make life easier!

SAILS Staff Share Resources at Low Vision Expo

By Farrah Brooks & Daniel Willis,
IL Outreach Specialist

San Antonio Independent Living Services (SAILS) staff participated in the San Antonio Low Vision Expo on Saturday, March 4, 2017. The event was hosted at Colonial Hills United Methodist Church. IL Specialists Farrah Brooks and Daniel Willis worked at the SAILS exhibitor table. Staff provided information about SAILS IL resources from our basic IL contract and new DARS Outsourcing contract that provides eligible consumers with much needed complex rehabilitation technology such as prosthetics, hearing aids, home modifications and vehicle modifications. Hearing and vision evaluations are also provided under our DARS Outsourcing contract.

There were numerous exhibitors and the event was well attended, especially by persons who have visual impairments who needed information about what community resources are available. San Antonio Low Vision Expo is an annual event and SAILS looks forward to supporting the venue again next year!

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Daniel Willis and Farrah Brooks, IL Outreach Specialist of SAILS provide information to the consumers at Low Vision Resources Fair

Job Adventures and Job Finders are Presenters at SAILS Support Group

By Farrah Brooks and Corrina Hernandez,
IL Outreach Specialist

SAILS Support Group members received some great information from Raeme Greer, Program Coordinator from Job Adventures and Raymond Hernandez from Job Finders at our March 16, 2017 meeting. One participant said, "I loved the programs on work skills and training camp."

SAILS staff strive to include community presenters that can assist consumers with disabilities with job training and employment and other resources to help them live more independently.



Job Adventures Representative
at SAILS Support Group meeting, March 16, 2017



Job Adventures and Job Finders are presenters
at SAILS Support Group meeting



Team members of Job Adventures and Job Finders provide
information to attendees of SAILS Support Group.

SAILS Is For Consumers



A Matter of Balance Redux: Planning Stages Workshop

Submitted by John Weber,
Deaf Interpreter Services, Inc.

Deaf Interpreter Services has conducted "A Matter of Balance", a set of eight weekly, two-hour workshops in our San Antonio headquarters that help older, deaf adults reduce their fear of falling and increase activity levels. The class met with such success and spurred so many requests for a repeat run that we want to let everyone know another iteration of it is already in the planning stages.

Falling can be a quite serious thing, especially for older people (age 65 and up). According to the CDC, one out of five falls among older people causes a serious injury, and each year over 2.8 million older people are treated in emergency departments for fall injuries. The direct medical cost for falls among older people is \$31 billion annually. Falls are not only the most common cause of traumatic brain injuries, but more than 95 percent of hip fractures are caused by falling, too.

The Best Treatment is Prevention

A Matter of Balance addresses this cycle honestly and straightforwardly, and helps older, deaf adults break out of it. The workshops emphasize practical suggestions to reduce the fear of falling and increase activity levels in older adults who want to be more active. The program emphasizes practical coping strategies to lower fears of falling, and teaches that falls and the fear of falling can be controllable – and sometimes prevented. Participants learned to view falls as controllable, set realistic goals, changed their environment to reduce fall risk factors, and performed range of motion exercises to increase strength and balance. Each two-hour workshop session focuses on a specific topic such as mobility issues, balance problems, the difficulties of multiple medications, home hazards, strength deficits and reasonable exercise goals.

Whether it's dancing, Zumba, yoga, swimming or a gym membership, the workshops emphasized that it is never too late to start an exercise program! The benefits of exercise are many, besides fall reduction, other benefits include cognitive and overall health gains and stress reduction. Plan for your workout routine in advance, whether that's using an assistive device, better lighting or help from a friend. Make sure you are educated on potential hazards to prevent falls. By being well educated about falls, you can change your mind set about worrying during workouts. Falling does not have to become part of the aging process or take away from an active lifestyle.

The first course was taught during January and February by John Weber, our VP and COO, and Larry Johnson, motivational speaker and author. Larry, who has been blind since birth, is a great example of someone overcoming obstacles to be successful. DIS provided sign language interpreters and snacks for every class—and certainly will again when we schedule the next set of workshops!

If you'd like more information about when the next class will be available and how to register, email Crystal Tower at ctower@deaf-interpreter.com or give our office a ring at 210-888-0039. We'll put you on the list and let you know the scheduled dates as soon as they're set. Hope to see you there!



A Matter of Balance workshop,
provided by Deaf Interpreter Services

February 2017

- 1 SAILS Booth at IGNITE Fair, Victoria, Texas
- 3 SAILS Support Group/Center for Healthcare Services/Cecil King
- 8 GAP Program Monitoring
- 10 A Night to Shine at Morgan's Wonderland
- 14 SAILS Staff Meeting
- 16 SAILS Support Group/Disability Rights Texas
- 17 ADA Planning Meeting Hosted by VIA
- 18 Support Group/Disability Support Services ACCD
- 23 Tour of SAILS by Holmgreen High School
- 27 Presentation at ARC/Abel Zamora

March 2017

- 3 SAILS Support Group/True Mental Health/Jennifer Quiroga, LPC
- 4 San Antonio Low Vision Expo
- 7 SAILS Staff Meeting/Presenter Mark Chapman Military Navigator
- 16 SAILS Support Group/Job Adventures
- 21 SAILS Staff Meeting/101 Mobility/Jill Taylor
- 23 Project Mend Open House
- 24 ADA Planning Meeting Hosted by Deaf Interpreter Services
- 28-31 LEAP HR Conference

April 2017

- 4 SAILS Staff Meeting
- 7 Support Group/Family Counseling/Dr. Catherine Somody
- 8 Caregiver's Award Luncheon at Morgan's Wonderland
- 13 ADA Planning Meeting
- 14 Good Friday/SAILS Offices closed
- 20 SAILS Support Group/Presenter Mike Helberg from Golden Outlook
- 22 13th Annual Walk for Autism
- 25 SAILS Staff Meeting
- 26 Administrative Professionals Day

Consumers Receive Supportive Services in SAILS Computer Lab

By Farrah Brook, IL Outreach Specialist and Kitty L. Brietzke, J.D.

IL Specialist Farrah Brooks had several consumers interested in going to college. They asked if she could provide assistance with completing the necessary financial aid paperwork to start the process. Farrah arranged for the excited college candidates to meet one day in the SAILS computer lab. She helped them log on to the FAFSA site and guided them through the process. Sometimes this is exactly the kind of encouragement and support that is needed to jump start the college process.

SAILS accessible computer lab is open from 9:00am-12:00pm and 1:00pm-4:30pm Monday through Friday. The computer lab is accessible for persons with wheelchairs and persons with visual impairments and the deaf. SAILS welcomes veterans, so please come and use the computer lab. Please call 210-281-1878 for more information.



Farrah Brooks, IL Outreach Specialist provides supportive services to consumers in SAILS Computer Lab

SAILS Is For Consumers



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



Daniel Willis
IL/Outreach Specialist



Josefa "Jozi" Zatarain-Flournoy, MPA
IL/Outreach Specialist

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

Holmgreen High School Students Visit SAILS

By Kitty L. Brietzke, J.D.

On February 23, 2017 SAILS was honored to have Holmgreen High School students come tour and visit with the IL Specialists about how SAILS can help them with a transition plan for after high school. SAILS staff explained how they can assist the students by developing an independent living plan for transition that includes their goals to find employment, attend vocational training, earn an education and even live in their own apartment.

The students shared their varied goals for the future. IL Specialists encouraged the students and the parents who attended to utilize our services. SAILS staff said, "we really want to help you with your goals." The experience was very helpful for the Holmgreen High School students and the parents too. SAILS staff are currently in touch and working with a couple of the students to help them with their plans in life. SAILS wishes to thank Holmgreen High School for the opportunity to help the students.



Holmgreen Highschool students
visit SAILS



Corrina Hernandez, IL Outreach Specialist
and Abel Zamora, Program Director of SAILS (standing, right)
answer questions from students of Holmgreen Highschool
during their visit

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



OTHER FORMATS ARE AVAILABLE UPON REQUEST

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