

# Setting Sails



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

Spring 2010

## Message from SAILS' Executive Director: Kitty L. Brietzke, J.D.

### SAILS Extends Help to San Antonio's Homeless Population

Each week staff at San Antonio Independent Living Services (SAILS) serves families with disabilities. Many of our consumers are living in poverty; some coming directly from the streets. Currently, SAILS provides assistance to persons who are homeless with disabilities through our program called the Gateway to Abilities Program (GAP). People in the GAP are awaiting their Social Security Disability benefits. In the meantime, they receive much needed direct services because they have little or no income. Through grant funds, SAILS Independent Living Skills Coordinator, Mary Blake can assist consumers in the program with a monthly bus pass to travel to appointments, receive clothing vouchers, and vouchers for nonfood items. They also attend monthly workshops to help with their independent living skills.

Staff also provides information and referrals, advocacy, peer mentoring and independent living skills assistance to all our consumers. Staff can assist families with adaptive telecommunications equipment and social security benefits counseling. SAILS also offers four support groups to help our consumers learn to cope and live more successfully.

SAILS staff has followed the plans of the City of San Antonio towards the opening of the Haven for Hope (H4H) campus. We support the tremendous efforts being made by H4H staff and leadership, especially over the past several months, to end the plight of so many homeless. I am also very pleased to formally announce that SAILS will have a satellite office at the Haven for Hope beginning in March so staff can extend all our services to families who are homeless with disabilities. If anyone has any questions about our new office at the Haven for Hope please call 210-281-1878.



Dr. Kitty Brietzke



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# SAILS Consumer Success Stories



Priscila L. Martinez

## WIPA Success Story: Priscila Lydia Martinez

by Bruce A. Orey

“I am very happy working at SASH (San Antonio State Hospital), and appreciate the opportunity to be working.

There was some struggle finding my way around a new environment, re-entering the work force, and finding a good balance in my life. I firmly believe that every person has something to offer, and, given the right opportunity and support, can work – if that is what they want. I believe work has many benefits for a person with a disability as well as for the employer and our economy.”

Ms. Martinez continues to take courses and training to further enhance her skills and contribution to the team and her consumers. She concludes, “I am very happy with the support and encouragement to work I have received from you (Mr. Orey) and SAILS. I always recommend SAILS as an organization to my friends in Depressive Bipolar Support Alliance.”

## Our Most Accomplished W.I.S.E

by Albert Pulido

On October 23, 2009, S.A.I.L.S. (San Antonio Independent Living Services) held it most successful W.I.S.E. (Work Incentive Seminar Event) to date.

Over 65 prospective employees attended our seminar. Which was hosted by SAILS CWIC (Community Work Incentive Coordinators) Mr. Albert Pulido, Mr. Bruce Orey and Mrs. Gloria Banik, Director Programs and Resource Development. Also attending was Mr. Peter Zitz the AWIC ( Area Work Incentive Coordinator) and PASS (Plan to Achieve Self-Support) specialist from Social Security; Mr. Oscar Garcia, Social Security Information specialist; The Southside Alamo Work Force Center manager Ms. Yolanda Munoz; various DARS (Dept. Assistive and Rehabilitative Services) specialist and various Employment Specialists from a few EN (Employment Network) who were there to recruit employees.

After the presentations by Mr. Pulido and Mr. Orey, we had a lively discussion about working and how it would affect their Social Security benefits. All agreed that the Seminar was most successful and informative. Everyone left feeling that if they used the information they received their way of living could become easier and more fulfilled.



SAILS Staff conducts a very successful W.I.S.E, October 23

# Services and Benefits for Consumers



## STAP Staying Busy

by Lori Crownover



Lori Crownover  
IL, STAP Specialist

SAILS' Specialized Telecommunications Assistance Program (STAP) has kept busy during the past few months serving consumers individually, but, also, in group settings. Lori Crownover of STAP was invited to give presentations for consumers at Primrose Apartments and Palacio del Sol Senior Complex. There was a great turnout at both places.

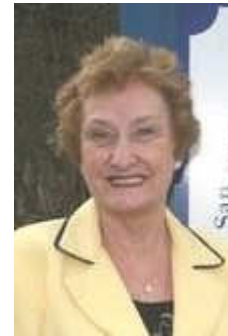
Lori Crownover provided information on STAP services and Gloria Aguirre provided information on other services offered by SAILS. STAP applications were completed immediately after the presentations. Group presentations were also given at Christian Senior Services/ Senior Companions meeting in San Antonio and the Country Village Square Apartments in Gonzales, Texas.



Group presentation of STAP

## Sensitivity Awareness and Etiquette in Working With People With Disabilities

by Sandie Flanagan



Sandie Flanagan,  
IR Specialist and Volunteer Coordinator

Approximately 19 employees of San Antonio Housing Authority (SAHA) who are taking evening classes at San Antonio College recently received a presentation from me about "sensitivity awareness and etiquette while working with people with disabilities."

The topics of the training were: 1.) Why was there a need for the Independent Living movement? 2.) who was the founder of the movement? 3.) and why was it necessary to create agencies that employ people with disabilities and that are managed by people with disabilities? We also briefly discussed the Americans with Disability Act (ADA) and the importance of the ADA for people with disabilities. Of course, I also related the history of SAILS and presented our services to the group.

In the end, everyone said that they had learned something new about people with disabilities and the surrounding history of the independent living movement.

## Special Announcement!

SAILS is hosting the 20th Annual Americans with Disabilities Act (ADA) celebration on July 30, 2010. Please turn to page 5 if you are interested in registering for a vendor booth. Booths are limited!



# Calendar Dates for Jan, Feb and March

## JANUARY 2010

National Birth Defects Prevention Month  
Glaucoma Awareness Month

- 1<sup>st</sup> New Year's Day
- 5<sup>th</sup> AmeriGroup Presentation of Check
- 6<sup>th</sup> DARS visit
- 8<sup>th</sup> ADA meeting -10:30 am at SAILS  
Support Groups (Disabled, Non-Disabled & Young People), Lincoln Center 1-3 pm
- 11<sup>th</sup> State Independent Living Council meeting in Dallas
- 14<sup>th</sup> GAP workshop at American GI Forum
- 18<sup>th</sup> SAILS closed—Martin Luther King Day
- 19<sup>th</sup> Haven for Hope meeting—8:30 am  
VITA  
Circle of Giving Meeting—6 pm
- 21<sup>st</sup> VITA  
Alamo Service Connection Workshop, 1-3 pm
- 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> VITA
- 26<sup>th</sup> Boston's Gourmet Pizza Fundraiser —11 am  
Point of Time Count
- 27<sup>th</sup> GAP Intakes
- 28<sup>th</sup> VITA  
GAP Class—1 to 2 pm  
Life Skills Support Group, Lincoln Center—1 to 3 pm
- 29<sup>th</sup> VITA until noon  
Gap Intakes/Bus Pass Distribution

## FEBRUARY 2010

American Heart Month, Black History Monty, Burn Awareness Month and National Cancer Prevention Month

- 1<sup>st</sup>, 2<sup>nd</sup> VITA
- 3-4<sup>th</sup> CHIRP Peer Mentor Review—Dallas
- 4<sup>th</sup>, 5<sup>th</sup> VITA
- 5<sup>th</sup> ADA Meeting, ARC  
GAP vouchers

CAC Meeting/Support Groups—Lincoln Center—1 to 3 pm

- 8<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup> VITA
- 11<sup>th</sup> GAP workshop—American GI Forum
- 12<sup>th</sup> VITA
- 15<sup>th</sup> SAILS Closed—President's Day
- 16<sup>th</sup>, 18<sup>th</sup> VITA
- 18<sup>th</sup> Arts & Crafts Workshop—1 to 3 pm
- 19<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 25<sup>th</sup> VITA
- 25<sup>th</sup> Life Skills Support Group  
Lincoln Center—1 to 3 pm  
GAP Workshop—American GI Forum
- 26<sup>th</sup> VITA  
GAP—Bus Pass Distribution

## MARCH 2010

National Colorectal Cancer Awareness Month, National Nutrition Month, Save Your Vision Month and American Red Cross Month

- 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup> VITA
- 5<sup>th</sup> 10:30 ADA meeting  
Support Groups—Lincoln Center, 1 to 3 pm
- 6<sup>th</sup> Low Vision EXPO—9 am to 1 pm
- 7<sup>th</sup>-9<sup>th</sup> SILC Annual Meeting—Dallas
- 8<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup> VITA
- 11<sup>th</sup> GAP Workshop—Lincoln Center, 1 to 2 pm
- 12<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 18<sup>th</sup> VITA
- 18<sup>th</sup> Assistive Technology Workshop, SAILS—1 to 3 pm
- 19<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 25<sup>th</sup> VITA
- 25<sup>th</sup> Life Skills Support Group, Lincoln Center—1 to 3 pm  
GAP Workshop-American GI Forum, 1-2 pm
- 26<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> VITA

# ADA 20th Anniversary Celebration

July 30, 2010

## EXHIBITOR REGISTRATION

Location: La Villita Assembly Hall, 401 Villita Street



### Schedule:

- 8:00 AM Set up booths at Villita Assembly Hall
- 8:30 AM Gathering at El Mercado for Unity Stroll (524 W. Commerce)
- 9:00 AM Begin Unity Pride Stroll
- 10:00 AM Invocation, Keynote Speakers, Entertainment and Awards
- 11:00 AM View the booths, Food and Entertainment
- 1:00 PM Wrap up.

Corporate: \$75.00 (Large Businesses) and a door prize.

Non-profits and small businesses: \$30 (share a table) plus a door prize.

Booth size is a 3 x 8 table. Booths are very limited.

Deadline for Exhibitor Registration and Payment: Monday June 21, 2010

Make checks payable to:

San Antonio Independent Living Services (SAILS)  
1028 South Alamo, San Antonio, TX 78210  
( Attention: Mallika Rangarajan)

Fax form to: Gloria Banik 210-281-1759  
or email to gbanik@sailstx.org  
or mail to: 1028 S. Alamo, S.A. TX 78210  
Phone: 210-281-1878 ext. 24

Company: \_\_\_\_\_

Name & title of representative: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Primary Phone number: \_\_\_\_\_

Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Products, supplies, equipment or services to be displayed

Door Prize: \_\_\_\_\_ Please circle one: Fee \$75.00 \$30.00

\* Please avoid buying perfume or cologne since allergies may hinder the enjoyment of the gift.

Gift Certificates are acceptable. Thank you!

Pledge the use of your banner to Gloria or to any staff person to display in the walk!



# SAILS News



Albert Pulido  
CWIC

## Consumer Earns Excellence In Education Award!

by Albert Pulido

In June of 2007, James Butler contacted San Antonio Independent Living Services (SAILS) to inquire about the Social Security TICKET to WORK PLAN. He was referred to our organization by the Department of Assistive and Rehabilitative Services (DARS) who helped him obtain a teaching certificate and a job offer in Uvalde High School, Uvalde, Texas. I initially explained the advantages of returning to work. We also discussed how long he could retain his check and Medicare, especially Medicare as he was unsure he would stay healthy for a long period of time.

Mr. Butler is a real inspiration to all who want to return to work and become successful in life. In less than three years he has earned "The Southern Border Regional Excellence in Education Award! He was also one of the top finalists for Teacher of the Year Award. These awards are some of the most prestigious awards that a teacher could earn.

Currently, Mr. Butler is earning his Master's in Education degree from Sul Ross University and continues to work in Uvalde, Texas at the college level. SAILS staff congratulates the diligent efforts of Mr. Butler and wish him continued success in teaching!

### Special Announcement!

SAILS has partnered with the City of San Antonio's Department of Community Initiatives and Antioch's ACTN for another VITA Super Saturday free tax day. See enclosed flyer. Call 281-1878 for further details.



Gloria Aguirre  
IL Outreach Specialist

## 2009 Support Group Christmas Party by Gloria Aguirre

On December 11, 2009, SAILS support groups had their annual Holiday party. This year, SAILS was fortunate to have a new location for this fun day. Thanks to San Antonio Parks and Recreation, Lincoln TR Community Center will continue to be our new home.

I have to say that I thoroughly enjoyed playing the part of Master of Ceremonies at the party. I brought my Karaoke machine and played a variety of holiday music. Over 35 people were in attendance with each person bringing their favorite dish to share. Games were played and prizes handed out. Some people participated in a gift exchange. A very special Happy Birthday was sung to Kathryn Alvarez. Kathryn's sister-in-law even brought the cake! Every thing was so much fun!

If you are a member of one of SAILS support groups and missed it, you missed a great day of fun! If you are interested in participating in any of the support groups, please contact Sandie Flanagan or Gloria Aguirre at 210 281-1878.



2009 Support Group Christmas Party



## The Centers for Disease Control and Prevention and H1N1 Information for Persons with Disabilities

The flu can be more serious for persons with disabilities. Symptoms include fever, cough, sore throat, runny nose, stuffy nose, body aches, the chills and more. People can be infected and have respiratory symptoms without fever. So, it can be tricky.

Recently, the Centers for Disease Control (CDC) and Prevention related important health information about H1N1 for persons with disabilities and their caregivers. The article revealed that persons with certain kinds of physical disabilities may have a greater risk of getting flu-related complications. If an individual has a condition that may affect their immune system, such as respiratory disease, the risk increases for a severe illness and even a possibility of being hospitalized.

The CDC identified the following disability groups as being at particular risk for the flu:

- People who have limited mobility or who cannot limit coming into contact with those who are infected
- People who have trouble with proper hand washing
- People who may not be able to communicate symptoms of illness
- People who may be properly monitored for symptoms of illness

The CDC also identified a list of categories of people who are at high risk for developing flu-related complications. For more information please visit the website below for more detailed information about flu symptoms. But, in the meantime, let's all practice our hand-washing, avoid being around sick people and cover our nose and mouth when we sneeze.

(<http://www.cdc.gov/Features/DisabilitiesH1N1>)

## Volunteer Income Tax Program

by Sandie Flanagan

Once again the City of San Antonio's Volunteer Income Tax Assistance (VITA) will be at SAILS for people to have their Income Tax returns completed free of charge.

The Volunteer Income Tax Assistance Program will be increasing the opportunity for you to have your returns completed free of charge at SAILS by appointment only .

We will have the VITA program this year on Monday and Wednesday from 9am to 3pm and on Friday from 9 to 11:30am. SAILS will start the VITA program on January 14<sup>th</sup>.

You do not have to be a person with disability, but you do need to make an appointment.

If you have any questions, please call SAILS at 210 281-1878 Ex 23. We need to have a large number of participants to make this program a big success!



John Scarfo from City of San Antonio's Dept of Community Initiatives and Sandie Flanagan of SAILS at last year VITA Super Saturday event

## 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 [www.sailstx.org](http://www.sailstx.org)

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#### **Kitty L. Brietzke, J.D.     Executive Director**

|                      |   |
|----------------------|---|
| Gloria T. Banik      | Director of Programs & Resource Development |
| Mallika Rangarajan   | Executive Administrative & HR Manager       |
| Ricardo V. Rivas, EA | Accountant                                  |

|                 |                            |                |                       |
|-----------------|----------------------------|----------------|-----------------------|
| Gloria Aguirre  | IL/Outreach Specialist     | Mary E. Blake  | IL Skills Coordinator |
| Sandie Flanagan | I&R/ Volunteer Coordinator | Bruce Orey     | CWIC                  |
| Albert Pulido   | CWIC                       | Lori Crownover | IL/STAP Specialist    |

This publication was made possible by grants from the Department of Assistive and Rehabilitative Services (DARS): 23%, Rehabilitation Services Administration (RSA): 28%, Gateway to Abilities Program (GAP): 21%, American Recovery and Reinvestment Act (ARRA): 28%. The total SAILS annual budget is \$689,999.00.

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.

**Setting SAILS is published quarterly by San Antonio Independent Living Services.**

**Editor: Executive Director, Kitty L. Brietzke, J.D.**

**Producer: ComtekMedia (a HUB Certified Information Technology and Media Consulting Firm)**