

# Setting Sails



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

Summer 2019

## SAILS to Host 29th 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 29th Anniversary of the Americans with Disabilities Act (ADA) celebration at 401 Villita Hall on Saturday, July 27, 2019 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 29th Anniversary of the ADA is "A Community for All!"

SAILS will have a 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 29th 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 29th Americans with Disabilities Act (ADA) celebration is open to the public event. 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)

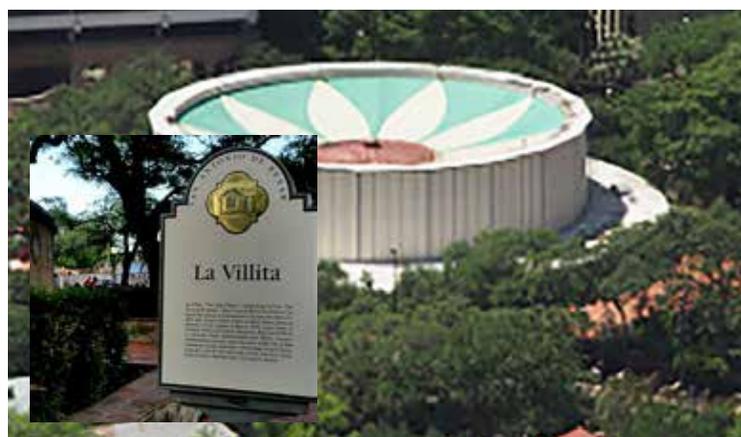
## Americans with Disabilities Act (ADA) 29th Anniversary Celebration

Saturday - July 27, 2019  
8:30 am - 1:00 pm

### A Community For All

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

## SAVE THE DATE!



Exhibitors and Sponsors, please contact:

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

## Audrey Crawford Has a More Independent Life with her New Hearing Aids

by Marjorie Anders, IL Outreach Specialist

Audrey Crawford, a senior from Victoria county had a twinkle in her eyes and a smile on her face as she shared her story with her IL Specialist on her follow up interview after receiving her hearing aids from San Antonio Independent Living Services (SAILS) through a contract from Texas Health and Human Services.

Ms. Crawford told her IL Specialist that before she received her new hearing aids it was difficult to hear what people were saying, especially in group settings. She often had to ask people to repeat what they were saying. She adds, happily, that "I no longer have that problem. I can even hear the television and without having the volume turned up too high!" Ms. Crawford appreciates the fact that she can hear the outside noises such as sirens and planes because she never even knew they were there before.

Although Ms. Crawford had to wait quite awhile to receive her hearing aids, she says it was worth it because technology improved and she has a blue tooth in both hearing aids. She says, "without the assistance of SAILS and her IL Specialist she would never have been able to afford hearing aids." SAILS is happy Ms. Crawford has more independence with her new hearing aids.



New hearing aids, Audrey Crawford lives more independently

## Consumer is Safe and More Independent

by Valentina Arevalo, IR/Volunteer Coordinator

Ms. Galle is a single mother who has three children. She recently had an accident while trying to kill a spider. She fell from a second story balcony and suffered shattered heels, broken feet and a broken back. She was hospitalized for more than a month and then was in a rehabilitation home for additional four months.

When she returned home she continued to not only have medical setbacks but also struggled financially. Her relationship with her boyfriend turned abusive. She informed her IL Specialist, "I can't take it anymore. I don't know what to do." Her IL Specialist at SAILS assisted her with securing a safe place that she could call her home. Together they located a church whose volunteers helped her pack, clean and obtain food. Ms. Galle is living more independently now and is on her way to healing both emotionally and physically. She is a strong woman who reached out to SAILS IL Specialist for help and is glad she did!



Ms. Deborah Galle lives safe and independently by herself

# SAILS Is For Consumers



## Consumer Communicates and Feels Empowered Now

by Marjorie Anders, IL Outreach Specialist

Ms. Cyndi Swint, a senior who resides in Lavaca county is very pleased with her new hearing aids and the new life changes. She recently received her hearing aids from San Antonio Independent Living Services (SAILS) through a contract from Texas Health and Human Services.

Ms. Swint places high value on her new compact, easy maintenance high tech rechargeable hearing aids. She shared with her IL Specialist, "what a relief to be able to communicate without the frustration of having people repeat themselves all the time, especially over the phone. It was awful misunderstanding directions and even medical related information."

Ms. Swint is so happy that she can even hear when people knock on her front door. She says. "hearing my phone notification is no problem anymore either." She is so grateful to SAILS as she says, "I absolutely could not have afforded hearing aids on my own. I can communicate much better now and really feel empowered!"



Cyndi Swint can hear well now

## Welcome New SAILS Staff Members

**Shawanna Marshall,  
IL Outreach Specialist**



SAILS welcomes Shawanna Davis as a new IL Outreach Specialist. She has her Bachelor's degree from Texas A & M in San Antonio. She has previous experience with interviewing and counseling people with substance abuse.

She also has experience helping elderly and disabled people. She is very happy to utilize her experience at SAILS now.

**Juan Tristan,  
IL Outreach Specialist**



SAILS welcomes Juan Tristan as a new IL Outreach Specialist. Juan attended Ashworth College and he also earned a certificate from Tech Skills in information technology. He has experience teaching job readiness to students at Southern Career Institute. He is

very excited and ready to assist our consumers with their independent living goals now.

**Online Request For Services, SAILS Consumers:**

<http://sailstx.org>

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

## Consumer has Less Stress Now That She Can Hear

by Marjorie Anders, IL Outreach Specialist

IL Specialist was pleased to interview Ms. Eva Palacios, a senior in Victoria county who came to our offices for help obtaining hearing aids. Ms. Palacios is a caregiver for her loving husband who is disabled. Ms. Palacios recently received her new hearing aids from SAILS through a contract from Texas Health and Human Services. She told IL Specialist “the hearing aids are so tiny but they are remarkable! I am able to adjust the volume while having a conversation at the same time. I am able to function better and live much more independently now.”

Ms. Palacios appreciates how her new hearing aids make her life much less stressful because she can hear her husband when he walks around the house. She can also hear what her doctor is saying and other home health providers. It was such a struggle before she received her new hearing aids. She said, “ I used to have to bring my daughter with me to appointments to be my extra ears. Ms. Palacios can hear now and has her independence!



Eva Palacios: a less stressful life now

## SAILS Attends Special Olympics Fair

by Kitty L. Brietzke, J.D.

SAILS staff attended the Special Olympics Texas Area 20 Spring Games Fair on April 13, 2019. It was such a moving experience seeing the athletes march into the stadium! SAILS staff Valentia Arevalo and Carneal (CJ) Williams set up a booth and shared our brochures and resources. Although the weather turned bad it was still a great event!



SAILS provides information about our programs and services

## Portable CCTV Device Helps Consumer with Vision Impairment

Megan Zambo, IL Outreach Specialist

Shannon Salinas resides in Bexar county and has lived with a severe vision impairment for most of her life. She recently contacted SAILS IL Specialist for assistance in obtaining a portable CCTV along with special eyeglasses with filters for both inside and outside to help manage the light that bothers her eyes.

Ms. Salinas was very happy that she was able to receive her requested devices. Now she can go outside without the sunlight hurting her eyes. She has an easier time with her eyes adjusting to sunlight and when entering her home again. She is very excited about her portable CCTV device because she can read her mail, magazines and books so easily. The CCTV device can adjust or enlarge the size of the font and also adjust contrasts. She says, “I am thankful for all the help.”

# Sponsorship of Free T-Shirts To All Attendees of 2019 ADA Celebration Event

Besides Care Package, Free Lunch, Free Bottled Water,  
Every Attendee of this Annual ADA Celebration Event Also  
Receives a Free Commemorative 29th ADA Anniversary T-Shirt

## Last Year ADA Commemorative T-Shirt



## Your Opportunity To Be A Sponsor Of 2019 Commemorative 29th ADA Anniversary T-Shirt

Email Your Company Name with Logo Attachment  
(Logo file can be in .AI, .EPS, high-resolution .JPG, .PNG, or .TIFF  
format) to Dr. Kitty Brietzke, kbrietzke@sailstx.org

### ADA Champion T-Shirt Sponsor \$2,500 (Large Logo, Front)

Recognized As ADA Champion T-Shirt Sponsor  
One Year Link and Listing on Sponsor Page of  
sailstx.org website

Prominent Logo Display on ADA Event  
Program, Brochure, Postcard, Poster, Banner,  
Mailouts Complimentary Exhibitor Table

<http://sailstx.org>, pay through Paypal  
Champion Sponsorship, \$2,500

### ADA Leader T-Shirt Sponsor \$1,250 (Logo Top, Back)

Recognized As ADA Leader T-Shirt Sponsor  
9-month Link and Listing on Sponsor Page of  
sailstx.org website

Premium Logo Display on ADA Event Program,  
Brochure, Postcard, Poster, Banner, Mailouts  
Complimentary Exhibitor Table

<http://sailstx.org>, pay through Paypal  
Leader Sponsorship, \$1,250

### ADA Advocate T-Shirt Sponsor \$625 (Logo Top, Back)

Recognized As ADA Advocate T-Shirt Sponsor  
6-month Link and Listing on Sponsor Page of  
sailstx.org website

Prime Logo Display on ADA Event Program,  
Brochure, Postcard, Poster, Banner, Mailouts  
Complimentary Exhibitor Table

<http://sailstx.org>, pay through Paypal  
Advocate Sponsorship, \$625

### ADA Logo T-Shirt Sponsor \$300 (Logo, Back)

Recognized As ADA Logo T-Shirt Sponsor  
3-month Link and Listing on Sponsor Page of  
sailstx.org website  
Logo Display on ADA Event Program, Brochure,  
Postcard, Poster, Banner, Mailouts  
Complimentary Exhibitor Table

<http://sailstx.org>, pay through Paypal  
Logo Sponsorship, \$300

## May 2019

- 3- SAILS Support Group Meeting/Presenter Patricia Simon
- 7- SAILS Staff Meeting
- 8- SAILS Board Planning Meeting
- 16- SAILS Staff Attend Health Fair in Port Lavaca
- 17- ADA Planning Meeting  
Memorial Day Observation-Holiday

## June 2019

- 2- AIRS Conference in Atlanta
- 4- SAILS Staff Meeting/Presenter Jamilla Anderson/TWC
- 7- SAILS Support Group
- 12- SAILS Board Meeting
- 14- SAILS Administrative Day/In Service/Closed
- 21- ADA Planning Meeting

## July 2019

- 4- Independence Day/ Office closed
- 9- SAILS Staff Meeting
- 19- SAILS Internal ADA Planning Meeting
- 22- NCIL Conference in Washington, DC
- 27- SAILS 29th ADA Celebration at La Villita

## SAILS Staff Attended AnyBabyCan's 15th Annual Walk for Autism/Fair

by Kitty L. Brietzke, J.D.

SAILS staff Zakistha Davis and Juan Tristan attended AnyBabyCan's 15th Annual Walk for Autism & Community Resource Fair on April 20, 2019. The community fair was at the Helotes Cornyval Grounds where hundreds of attendees arrived for the walk and the fun! Zakistha and Juan distributed SAILS brochures and information to the guests at this special event. They thoroughly enjoyed supporting such a wonderful event!



Juan Tristan and Zakistha Davis of SAILS provide information of SAILS programs and services to the public at 2019 Any Baby Can Annual Walk for Austism/Fair



SAILS Attend 2019 Any Baby Can Annual Walk for Austism/Fair

## Contents (page)

SAILS to Host 29th Annual Americans with Disabilities Act (ADA) Celebration (1)	
Audrey Crawford is Has a More Independent Life with her New Hearing Aids (2)	
Consumer is Safe and More Independent (3)	
Consumer Communicates and Feels Empowered Now (3)	
Welcome New Staff (3)	
Consumer has Less Stress Now That She Can Hear (4)	
SAILS Attends Special Olympics Fair (4)	
Portable CCTV Device Helps Consumer with Vision Impairment (4)	
Calendar of Events: May, June, July (6)	
SAILS Staff Attended AnyBabyCan's 15th Annual Walk for Autism/Fair (6)	
SAILS Support Group Helps Attendees with Information on Utilities Assistance (7)	
Consumer Sleeps Much Better Now with New mattress (7)	

## SAILS Support Group Helps Attendees with Information on Utilities Assistance

Zakistha Davis, IL Outreach Specialist

On May 3, 2019 SAILS Support Group attendees learned about how they can conserve energy throughout the year to help reduce their utility bills. Ms. Patricia Simon was the presenter from Bexar County who handles the applications for utility assistance. She distributed the applications to everyone and answered questions. SAILS Support Group and staff thank Ms. Simon for her time and for a great presentation too!



SAILS Support group meets every first Friday monthly

### Our Mission:

To advocate for the rights and empowerment of the people with disABILITIES and to provide needed services to people with disABILITIES in order to increase their self-determination and independence

## Consumer Sleeps Much Better Now with New mattress

Megan Zambo, IL Outreach Specialist

Jorge Perez from Bexar county is a person with paraplegia. He was in great need of a low air loss mattress. He requested assistance from San Antonio Independent Living Services (SAILS). Mr. Perez had difficulty in the mornings with pain and stiffness due to his condition and his old mattress. He usually had to wait for someone to come help him get up from his bed. He also was very depressed about the situation and sometimes would just stay in bed all day.

Jorge Perez is very satisfied that he received his new low air loss mattress. He says, "it helps me have a more independent life." He sleeps much better and can move around in the mornings with much less pain. And no more waiting for help to get out of bed! He told his IL Specialist, "if it wasn't for SAILS helping me I would probably be in the hospital." SAILS is so happy for him and that he is resting well at night.



With the low loss air mattress, Jorge Lopez can sleep well at night, and without pain

**Secure Online Donations to SAILS**

<http://sailstx.org>

**Click link tab "Donate"**

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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Gary Owens	Board Member
Scott Hesch	Board Member
Roman Juarez	Board Member

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