

Setting Sails



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

Spring 2020

SAILS to Host 30th 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 30th Anniversary of the Americans with Disabilities Act (ADA) celebration at 401 Villita Hall on Saturday, July 25, 2020 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 30th Anniversary of the ADA is "30 Years ADA Strong!"

SAILS keynote speaker for this year's Americans with Disabilities Act (ADA) celebration is Nick Scott, a published author, CEO, motivational speaker and President of Wheelchair Bodybuilding, Inc. SAILS expects over 50 community-wide exhibitors to provide valuable information to our ADA guests attending this wonderful 30th anniversary celebration. SAILS CEO will present 12 community awards in various categories to community leaders and organizations. Attendees will also be treated to a FREE lunch and drawings throughout the event!

The 30th 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. SAILS is currently seeking sponsors for this monumental 30th Americans with Disabilities Act Celebration and expect 1,000 attendees.

Americans with Disabilities Act (ADA) 30th Anniversary Celebration

Saturday - July 25, 2020

8:30 am - 1:00 pm

30 Years ADA Strong!

at Villita Assembly Building Exhibit Halls

401 Villita St.

San Antonio, TX 78205

SAVE THE DATE!



Keynote Speaker: Nick Scott

Nick Scott is a World-Wide Accomplished IFBB Professional Wheelchair Body Builder, Published Author, Certified Fitness Trainer, Champion Wheelchair Ballroom Dancer, Business Entrepreneur.



Exhibitors and Sponsors, please contact:

Dr. Kitty Brietzke

CEO, Development Officer

210.281.1878 ext#118

kbrietzke@sailstx.org

Registration online: <https://sailstx.org>

Ida Miles Is Going Places With Her Scooter

by Megan Zambo, IL Outreach Specialist

Consumer Ida Miles wanted to get back her independence. For her to do that she needed a scooter lift for her vehicle. Ms. Miles really enjoys volunteering and going to church. She also likes to be able to take care of herself by handling her own errands. Not being able to take her scooter around places made it almost impossible to do the things she loves. After getting her new lift she said, "Now I finally feel free!" She received great training on how to use the lift too. She can go out by herself and basically got her life back! Ms. Ida goes shopping independently now and doesn't have to rely on others to bring her what she needs. She said that is the best feeling of all.

She is now out and about with her scooter. The church group she sees noticed right away and they were all excited for her. Volunteering for a program that serves meals to people is a passion for her. She is so glad to be back at it again!



Ida Miles is going places with her scooter

Mr. Elijah Breault: Independent Living is Where I Want to Be

by Juan Tristan, IL Outreach Specialist

Mr. Breault was determined and focused on his goal to obtain his own housing. He was living with his grandmother while looking for an apartment. He also works a part-time job.

After he faced barriers to obtain an apartment. He came to SAILS for assistance with removing the barriers to independent living. ILS explained the options he had for Independent Living and obtaining affordable housing. Mr. Breault did not want to apply for low-income housing or for public housing. He wanted an apartment that was accessible and where the income requirement was not two and a half times the rent.

Mr. Breault knows first-hand how hard it is to live off a monthly check. He does not want to remain on SSI/SSDI. Mr. Breault said, in his apartment, "Here is where I want to be." Congratulations to Mr. Breault who is at home living independently.



Mr. Elijah Breault: independent living is where i want to be

Alberto Gonzalez Is Happy With His Visual Aids

by Megan Zambo, IL Outreach Specialist

Alberto Gonzalez became a consumer with SAILS requesting visual aids and O&M or orientation and mobility training. Mr. Gonzalez received a portable CCTV to help him read his daughter's medication, the mail, and menus at restaurants. With the Portable CCTV his can complete everyday tasks with ease.

Mr. Gonzalez no longer drives but is able to get places by bus or walking. During the O&M training he was trained with a straight cane, learning how to navigate and identify his surroundings based off the feeling of the cane, sounds and smells. "It has helped me be more independent" he said while explaining the training. Mr. Gonzalez feels much more confident and safe walking down the street, riding the bus, and going into stores and doesn't feel like he will trip or have the risk of falling.

SAILS is so proud of Mr. Gonzalez and his new abilities in mobility. He is bound to have a much fuller life now!



SAILS Former Board Chair Dennis Wolf and Board Member Donna McBee received plaques for their volunteer service to SAILS

Frustrated and Homeless

Shawanna Marshall, IR Volunteer Coordinator

Mr. Perryman, a 34-year-old resident of Bexar County, has spent the last year on the streets. "I was mainly doing nothing. I was down and out," he states as he describes his transition from homelessness into his new apartment.

When asked about his emotional state before coming to SAILS, Mr. Perryman says, "I was depressed and frustrated with my whole situation, but a friend gave me this number". He states at first, he felt like he was on a waiting list, but then he was assigned a new counselor and it was like "1, 2, 3 and things were falling in place"

I asked him, "what were the biggest challenges you were facing?", "It was hard trying to find a place because my background was difficult. I had been looking, but I wasn't having any luck. I had a roommate, but he wasn't paying his part of the rent and I was evicted. That was when I was referred to SAILS.

Mr. Perryman was asked was there anything surprising about SAILS? "The service was friendly and the resources that were provided were helpful. I was thinking it was going to be another number to call and I wasn't going to get any help." After working through the Basic IL program at SAILS he reports he has a new outlook on his future. "It looks better because I have goals now. I have been taking baby steps, but I feel like I can accomplish stuff like going back to school. It's like you are going to a support group and they are your support team."



Getting out from frustration and homelessness

Support Group Meeting At SAILS

Shawanna Marshall, IR Volunteer Coordinator

February's support group was filled with lots of questions regarding services available in the San Antonio area for blind participants.

Carlos Torres, an Independent Living Skills Trainer with the Lighthouse for the Blind, presented on the services available at this local organization. SAILS Support Group attendees also participated in a blindfold challenge to gain experience for what it is like to complete a task without the aid of their sight.

A new appreciation for their vision was discovered!
A special thanks to Carlos Torres for his presentation.



Support Group meeting at SAILS

Start Living Independently with SAILS IL/Relocation Specialist's Help

By Kitty L. Brietzke, J.D./CEO

SAILS has hired Albert Pulido as a IL/Relocation Specialist who will be outreaching nursing facilities to locate people with disabilities who want to live at home, with their families and in their own neighborhood. People with disabilities have a right to decide where they want to live and ask to be relocated back into their own home. SAILS IL/Relocation Specialist is here to help those people who feel "stuck in a nursing home" and like they cannot get out.

Please call 210-281-1878, extension 126 for more information about how SAILS IL/Relocation Specialist can help you or your loved one relocate from a nursing home back into the community.



Albert Pulido, IL Outreach Specialist
working with relocation program at SAILS



SAILS CEO and Board Members enjoy networking at the
San Antonio Rodeo Cowboy breakfast

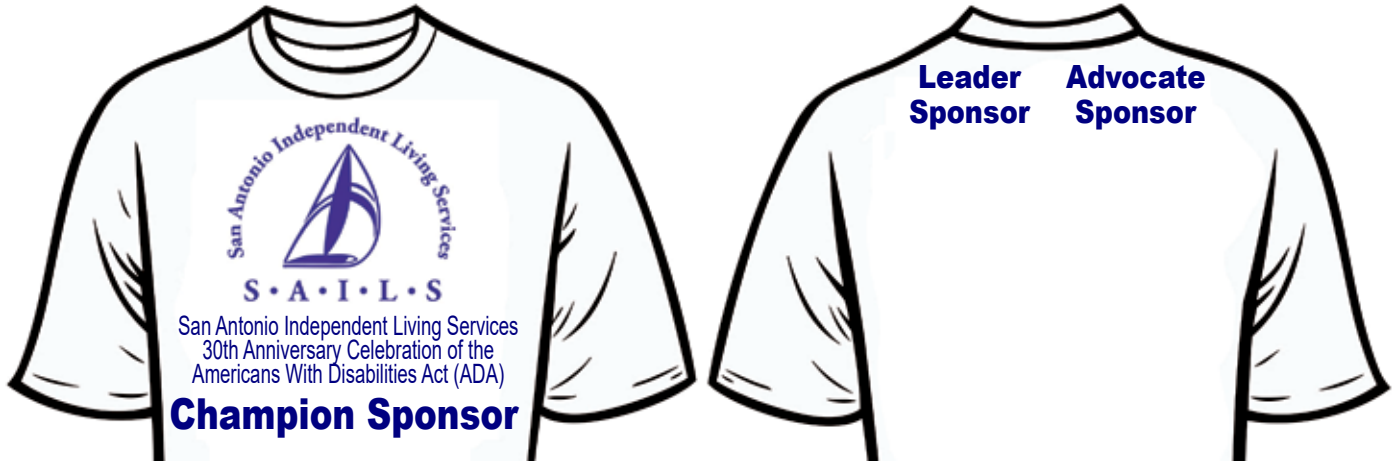


Presentation at SAILS from MobilityWorks

Sponsorship of Free T-Shirts To All Attendees of 2020 ADA Celebration Event

Besides Care Package, Free Lunch, Free Bottled Water,
Every Attendee of this Annual ADA Celebration Event Also
Receives a Free Commemorative 30th ADA Anniversary T-Shirt

Your Logos Will Be Placed On 2020 ADA Commemorative T-Shirt



Your Opportunity To Be Sponsor Of 2020 Commemorative 30th ADA Anniversary T-Shirt

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

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, for your
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, for your
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, for your
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, for your
Logo Sponsorship, \$300

February 2020

- 4- SAILS Staff Meeting/Ethics Training
- 7- Support Group Meeting
- 12- Board of Director's Fundraising Meeting
- 14- Americans with Disabilities Act Celebration Planning Meeting
- 17- President's Day/Holiday
- 26- The Big Give Training Day/Oblate
- 28- Harlandale Symposium

March 2020

- 6- SAILS Deaf Informational Meeting 1:30PM
- 7- Low Vision Expo
- 9- VIA Accessible Transit Advisory Meeting
- 10- SAILS Staff Meeting
- 13- Americans with Disabilities Act Celebration Planning Meeting
- 14- CEO Presentation to Alamo Council for the Blind
- 26- The BIG GIVE
- 24-27 EL Paso (VOLAR) CIL Conference

April 2020

- 3- SAILS Support Group Meeting
- 7- SAILS Staff Meeting
- 10- Holiday/Good Friday
- 17- Americans with Disabilities Act Celebration Planning Meeting
- 24- Battle of Flowers Holiday



Jessica Simpson is a presenter from InMotion Prosthetics

Consumer loves her new hearing aids!

by Laura Johnson, IL Outreach Specialist

Ms. Elia Flores contacted SAILS because she was having many difficulties with her hearing which affected her daily life. SAILS assisted her with obtaining new hearing aids that changed everything. She loves her "new hearing" too. She said, "I really enjoy socializing more with my friends and loved ones now. I also enjoy being able to hear my church services much better too." No more hearing struggles for Elia Flores!



Elia Flores loves her new hearing aids!

Contents (page)

SAILS to Host 30th Annual Americans with Disabilities Act (ADA) Celebration at Villita Hall	(1)
Ida Miles Is Going Places With Her Scooter	(2)
Elijah Breault: Independent Living is Where I Want to Be	(2)
Alberto Gonzalez Is Happy With His Visual Aids	(3)
Frustrated and Homeless	(3)
Support Group Meeting At SAILS	(4)
Start Living Independently with SAILS IL/Relocation Specialist's Help	(4)
Sponsor 2020 ADA Event T-Shirt	(5)
Calendar of Events: Feb, March, April	(6)
Jim Jimenez: The New Hearing Aids	(7)
Amado Vasquez Is Thankful For The Help	(7)

SAILS Is For Consumers



Jim Jimenez: The New Hearing Aids

Megan Zambo, IL Outreach Specialist

Mr. Jim Jimenez really enjoys having his independence. The only thing that he struggled with was his hearing. Mr. Jimenez would have a hard time hearing what is going on around him when driving. He also struggled with hearing over the phone and having conversations.

After getting his hearing aids Mr. Jimenez is doing much better. "It really makes a big difference" he says. He is more comfortable driving and feels safer because he can hear what is going on around him. Mr. Jimenez is able to hear his phone ring as well as not have to have it on speaker phone to hear. Mr. Jimenez says the biggest difference is he used to have to turn his head if someone was talking on the right side of him. Now he can hear them!

Mr. Jimenez is telling he friends about the help he received and trying to get them to get the help too!

Amado Vasquez Is Thankful For The Help

Megan Zambo, IL Outreach Specialist

SAILS consumer Amado Vazquez of Bexar county has been struggling to get around after suffering from a stroke that left him using a wheelchair. Unable to use the left side of his body, he couldn't get around without someone pushing his wheelchair or using the right foot. Mr. Vazquez also has Synodic nerve condition making it very painful to use his foot.

Mr. Vazquez requested a powerchair so he would be able to get around independently. He is now able to freely move around his home and uses the powerchair to get around the neighborhood too! He can go to his friends' homes, the store and the restaurant down the street. Doctor appointments are much easier now as well as grocery shopping. Mr. Vazquez has no problem going outside and playing with his dogs. "I really appreciate the help", Mr. Vazquez tells SAILS "I don't know who would have helped me if you didn't."

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

Online Request For Services, SAILS Consumers:

<http://sailstx.org>

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



Amado Vasquez is thankful for the help from 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
Abel Zamora	Program Director
Megan Zambo	IL/Outreach Specialist
Shawanna Marshall	IL/Outreach Specialist
Juan Tristan	IL/Outreach Specialist
Laura Johnson	IL/Outreach Specialist
Albert Pulido	IL/Outreach Specialist
Cynthia Contreras	Receptionist

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**Setting SAILS is published quarterly by
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**Editor: Kitty L. Brietzke, J.D.,
SAILS' Chief Executive Officer.**

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