

# Setting Sails



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

2022 Fall-Winter

## Diabetes: A Dangerous Disease that is Preventable



Dr. Kitty L. Brietzke,  
CEO/Development Officer of SAILS

Bexar County, sadly, has among the highest rates of diabetes in the United States. It is estimated that approximately 15.5% of adults currently have Type 2 diabetes (The Source on Texas Public Radio live discussion from August 22, 2021). Tragically, San Antonio alone has startling statistics with 1 in 7 people living with Type 2 Diabetes. These statistics are nothing less than horrifying.

According to the City of San Antonio Metropolitan Health District Type 2 Diabetes is the most common type of this dangerous disease. Diabetes is also consistently among the top causes of death in Bexar County. Type 2 Diabetes is dangerous because it can cause serious damage to a person's organs, heart or kidney disease, stroke, blindness, amputations and death.

At SAILS, we are experiencing more and more consumers who have a diagnosis of Type 2 Diabetes. It is hard to understand the enormity of this situation when we know that if we all do certain life changes to "live well and healthy" we can prevent Type 2 Diabetes. We simply cannot ignore these staggering statistics anymore. What can and should we do? Let's pledge to start today to exercise however we can. Let's work

hard to eat healthier. Talk to your family and friends. Make a plan to avoid Type 2 Diabetes by working on ourselves inside and out!

There are many community health education initiatives that are free to the public to help you along the way. You might want to also check out San Antonio's Diabetes Prevention and Control program through SA Forward Plan. These are no cost services for the community. But, we all know that it starts with each of us to prevent this dangerous disease and have a happier and healthier life.

## SAVE THE DATE: SAILS 33rd Annual Americans with Disabilities Act (ADA) Celebration 2023!

July 29, 2023, Saturday  
8:30am - 1:00pm  
Event Center  
Morgan's Wonderland

Contact Dr. Kitty Brietzke  
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for details  
and sponsor information



## A Ramp at Mr. Harrison's Front Porch

Abel Zamora, Program Director

Mr. Ervie Harrison is a resident of Bexar County, Texas with significant disabilities.

Prior to services provided SAILS Complex Rehabilitation Technology Program, Mr. Harrison was mostly confined to his home. Leaving his home required great effort and coordination. SAILS Program constructed a ramp through 101 Mobility. Mr. Harrison and his network of family support were actively involved in helping to progress his case and provide the required documentation to properly progress his case.

The end result was a ramp at Mr. Harrison's front porch that now gives him the freedom to go out of his home and be a part of the community.

Mr. Harrison stated that the ramp "makes a huge difference" in his daily life since he is no longer confined to his home.



A ramp at Mr. Harrison's front porch

## New Prosthesis Socket For Mr. Joseph Rosales

Virginia Ramirez, IL Outreach Specialist

Mr. Joseph Rosales first contacted SAILS on April 12, 2022.

He had been struggling with his prosthesis for three years because it was loose. It prevented him from walking independently. He had to depend on family and friends for assistance to walk and do other daily activities.

Mr. Rosales asked SAILS to help him with obtaining a socket for his prosthesis so it would fit properly. ILS Virginia Ramirez together with the help of staff at Hanger Clinic, Ari and Mr. Rosales working together to obtain all the documents and information needed to progress the case were able to successfully obtain the socket.

On September 28, 2022, Mr. Rosales received his socket. He says, "I feel much better and now do not have to depend so much on my family and friends. I feel safer and more independent too." Mr. Rosales is very thankful for all the hard work and support he received throughout the process in obtaining his socket.

SAILS is happy he is walking much better!



New prosthesis socket for Mr. Joseph Rosales

## SAILS Receives a Courtyard Beautification!

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

Last summer I was approached by Clifton Massey and his father, David about a special Eagle Scout project they were discussing that involved SAILS. Clifton is a member of the Boy Scouts of America Troop 90. He and his entire family have been avid volunteers for SAILS for many years, especially at our Americans with Disabilities Act (ADA) celebrations. This time, he explained to me that he would like to volunteer and do something very special for our SAILS building as part of his Eagle Scout project. This was a very pleasant and welcome surprise!

Clifton came up with the idea and plan to make our courtyard a beautiful place this Fall for our consumers with disabilities and staff. Our courtyard was quite a mess with overgrown weeds and fencing that needed painting. We also needed an accessible ramp for wheelchairs. Clifton gathered and coordinated members of his scout group and others to assist him with this project. It was a great team effort with Clifton at the helm! SAILS extends our warmest gratitude to Clifton Massey for his kind and generous volunteer service to make SAILS a more beautiful place.



Courtyard before



Courtyard after the beautification by Clifton Massey



Mr. Miguel Castro, SAILS Board Chairman, tries out the new ramp in courtyard

## SAILS Gateway To Abilities Support Group Meeting

Shawanna Marshall, IL Specialist

The SAILS Gateway to Abilities Support Group started 2023 in full swing by helping to promote positive wellbeing and a healthy living lifestyle.

Mario Gutierrez, Education and Outreach Supervisor with the City of San Antonio's Diabetes Prevention and Control department talked to participants about lifestyle changes they can help to lower the risk of acquiring pre-diabetes or type-2 diabetes.

Consumers were eager and enjoyed the presentation.

## SAILS Recently Hired HR/Executive Support Specialist

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



Bendito ("Ben") Lukeba

Last September, SAILS hired a Human Resources/ Executive Support team member, Bendito ("Ben") Lukeba.

Ben comes to SAILS with former experience working as an Employer Relations Coordinator with the Refugee Services of Texas where he sustained relationships with local employers and handled onboarding of employees. He also worked as an Employment Specialist with FedCap. He is also proud to be a graduate of the University of Texas at San Antonio and pleased to have received Human Resource certification. SAILS welcomes Ben as a new team member!

## Congratulations to Three New IL Outreach Specialists for SA Site



Mariel Garcia

Mariel ("Mari") is a graduate of Franciscan University with a Bachelor's Degree of Science with a major in Social work. She has worked at Trinity Health System where she assisted in intensive group therapies. She is currently working in her Master's program with an internship at SAILS. Congratulations!



Virginia Ramirez

Virginia possesses many years of case manager experience in several States throughout the United States, such as Prodeencia Group in Virginia and the Head Start program in San Antonio. She holds a Bachelor of Science Degree in Criminal Justice from the University of Pan American. She also has a Nursing diploma from the University of Taneaulpius. Congratulations!



Anna Brocato

Anna has a Bachelor's of Arts in Interdisciplinary Studies from the University of Incarnate Word. Her previous working experience was at another Center for Independent Living called RISE. She also worked at the First United Methodist Church and the Brighton Center. These positions included developmental and curriculum and independent living activities. Congratulations!

## Visual Aids Device Helps Mr. Noriega Read And See Colors

Virginia Ramirez, IL Outreach Specialist

Mr. Rene Noriega applied for services from SAILS last January seeking an OrCam device. He explained that he lived alone with a visual impairment but had seen the OrCam before.

For several months we worked together to obtain the necessary medical documentation and he selected a vendor for the device, Christal Vision. Finally, the day arrived for delivery of the OrCam and Ron from Christal Vision, Rene Noriega along with his mom showed up at SAILS for an opportunity to use the device!

It was a great experience and Mr. Noriega said that the device will help him read and see colors too! He will also be able to detect how many people are by his side. His mother was very happy and said that "this is the first time I look at my son and see him very happy and smiling." Mr. Noriega left very grateful for the OrCam and the service he received.



Mr. Noriega is using Visual Aids Device OrCam

## A New Walker For Mr. Torres

Mariel Garcia, IL Outreach Specialist

Consumer Manuel Torres Jr., and his wife, reside in Victoria, TX in Victoria County. They reached out to SAILS for assistance in obtaining a walker for Mr. Torres since he has undergone multiple surgeries on his legs, and it had become increasingly troublesome to walk, especially on slopes.

Previously, Mr. Torres relied on his cane, so he was delighted to receive an upgrade to a sleek new walker with a basket and a seat through SAILS Complex Rehabilitation Technology Program.

"It's really nice," said Mr. Torres excitedly, "I like the color, and I like that I can put stuff in it."

Mr. and Mrs. Torres have been together for 31 years, and they have two sons and 4 grandchildren. They could not wait to show off Mr. Torres' new walker to their family.

"When I'm gone, make sure my wife gets this walker," remarked Mr. Torres as he looked over to Mrs. Torres.



A new walker for Mr. Torres

**Secure Online Donations to SAILS**  
<https://sailstx.org>  
Click link tab "Donate"



# Calendar Of Events

## September 2022

- 2- SAILS Virtual Gateway to Abilities Support Group
- 5- Labor Day Holiday
- 7- SAILS Board of Director's Meeting
- 8- SAILS CEO's Birthday
- 13- SAILS Staff Meeting
- 23- The BIG Give Day!

## October 2022

- 4- SAILS Fish City Grill Fundraiser
- 7- SAILS Gateway to Abilities Support Group
- 10- Columbus Day Holiday
- 11- SAILS Staff Meeting
- 21- In-Service Training for Staff
- 28- Outreach Day

## November 2022

- 4- SAILS SAILS Virtual Gateway to Abilities Support Group
- 9- SAILS Board of Director's Meeting
- 17- Staff Thanksgiving Holiday Luncheon
- 24- Thanksgiving Day Holiday

## December 2022

- 6- SAILS Staff Meeting
- 9- SAILS Staff Holiday Lunch
- 14- TEXCIL Meeting
- 16-31-Holiday Closure

## January 2023

- 4- SAILS Re-opens
- 6- SAILS Virtual Gateway to Abilities Support Group
- 10- SAILS Staff Meeting
- 26- United Way Appreciation Dinner

## February 2023

- 3- SAILS Virtual Gateway to Abilities Support Group
- 7- Fish City Grill Fundraiser
- 14- SAILS Staff Meeting/Valentine's Day
- 20- President's Day Holiday
- 24- ADA Planning Meeting

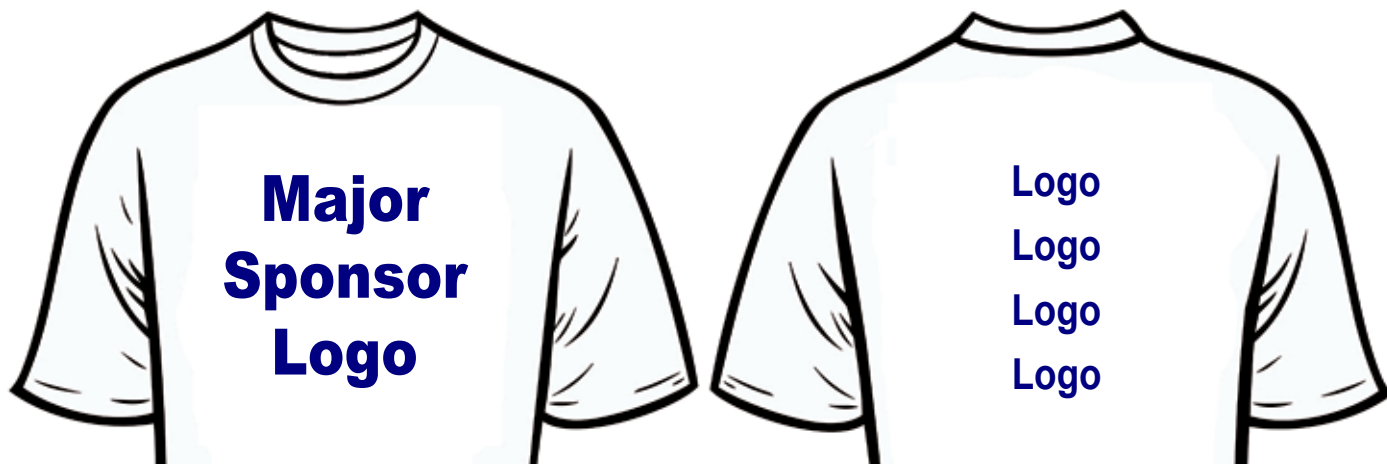
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# Sponsorship of Free T-Shirts To All Attendees of 2023 ADA Celebration Event

Besides Care Package, Free Lunch, Free Bottled Water,  
Every Attendee of this Annual ADA Celebration Event Also  
Receives a Free Commemorative 33rd ADA Anniversary T-Shirt

## Your Logo Will Be On 2023 ADA Commemorative T-Shirt



## Your Opportunity To Be Sponsor Of 2023 Commemorative 33rd 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

[Click here, 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

[Click here, pay through Paypal, for your  
Leader Sponsorship, \\$1,250](#)

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

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of sailstx.org website

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Program, Brochure, Postcard, Poster, Banner,  
Mailouts, Complimentary Exhibitor Table

[Click here, pay through Paypal, for your  
Advocate Sponsorship, \\$625](#)

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

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of sailstx.org website

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

[Click here, pay through Paypal, for your  
Logo Sponsorship, \\$300](#)

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#### **SAILS Board of Directors**

Miguel Castro	Chair
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Rodney Harris	Secretary
Kevin LeMelle	Board Member
Elizabeth (Liz) Jackson	Board Member

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