

# Setting Sails



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

2023 Spring

## SAILS is Hosting the 33rd Annual ADA Anniversary Celebration



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

San Antonio Independent Living Services (SAILS) proudly announces our **33rd Annual Americans with Disabilities Act (ADA)** celebration on Saturday, July 29, 2023 at Morgan's Wonderland Event Center. SAILS is very excited about hosting the ADA celebration there again because of the grand success and great time everyone had last year! This year is on track for hundreds to come join in the celebration.

SAILS is **"Working Together for Inclusion!"** We have a great Keynote speaker, Marilyn Weber, CEO of **Deaf Interpreter Services, Inc. (DIS)** to help us celebrate this wonderful event. DIS provides professional State and National certified sign language and oral interpreters.

Please don't miss this year's ADA celebration. Guests can register free at [sailstx.org](https://sailstx.org) or call Shawanna Marshall for assistance at 210-281-1878, ext. 124. All registered guests who attend will be entered into our drawing for \$500 cash. See ya'll there.



**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  
210-281-1878 ext 118  
[kbrietzke@sailstx.org](mailto:kbrietzke@sailstx.org)  
for details  
and sponsor information**

**Register for Attendance,  
T-Shirt Sponsorship,  
Exhibitors, Volunteers:  
<https://sailstx.org>**



## Easy Upstairs, Downstairs With A Stairlift

Maribel Garcia, IL Outreach Specialist

Ms. Charlotte Garcia is 66-year-old, and she is a resident of San Antonio in Bexar County. She received a brand new stairlift through the SAILS Complex Rehabilitation program. After receiving the device, she noticed a change in her quality of life.

"It really changed my quality of life like you will not believe," Ms. Garcia exclaimed. "Now I can go upstairs and see my dog and come back downstairs." Prior to receiving her stairlift, she struggled with falls, and she was concerned for her safety.

"I don't trip and fall or stop halfway up anymore. The stairlift helps with coordination and breathing, so I don't get so tired going up anymore."

Ms. Garcia is excited to keep using her new device! "I could not thank SAILS enough!" she said.



A chairlift for Ms. Charlotte Garcia, easy upstairs, downstairs

## A Microprocessor Knee For Ms. Alicia Perez's Prosthetic Leg

Savannah Robinson, IL Outreach Specialist

Ms. Alicia Perez contacted SAILS-Waco to get assistance in obtaining a microprocessor knee for her prosthetic leg. Ms. Alicia Perez is 34-year-old, living in Killeen, a city in Bell County, Texas. Ms. Perez lost her left leg due to a tragic firearm incident, leaving her with limited mobility and a lifelong need for a prosthetic.

She struggled with her balance and stamina. With the help from SAILS-Waco, Ms. Perez now has her Microprocessor knee and is back to taking care of herself and family!



A microprocessor knee for Ms. Alicia Perez's prosthetic leg

## With A Portable Oxygen Concentrator Ms. Johnson Goes Outside Freely

Marisol Garcia, IL Outreach Specialist

Ms. Markita Johnson is a 52-year-old, living in Bexar County who has struggled with COPD since 2018. She worked with the SAILS Complex Rehabilitation Technology program to receive a portable oxygen concentrator, so she can go outside freely on her own without needing assistance carrying the at-home oxygen tank or worrying about getting back to her oxygen machine.

“The device helps me be able to be mobile and get outside of the house more because I have a lot of tubing on my home concentrator that plugs into the wall. It helps me to be mobile without having to take the heavy tank with me and go outside,” stated Ms. Johnson.

After receiving the portable oxygen concentrator, she has been able to go to her appointments more easily and go to the park to watch her grandchildren play.

“I am able to go to the park more to watch them play without worrying about needing someone to help with the machine or worrying about how long I’ll be able to watch them play,” she said.

Ms. Johnson feels that she can move more freely and independently when traveling outside the home.

“I felt really good to receive it because for years I have been wanting something like this, and I was never able to get it through insurance. With the help of SAILS, I was able to get it.”

When asked what advice she would give to someone wanting to be more independent, she said, “Set up a plan, and you really have to take it one day at a time. Check into resources and do research. Use your resources to help you to accomplish your goal.”

## A Powerchair For Mr. Darrell Ballew

Savannah Robinson, IL Outreach Specialist

Mr. Darrell Ballew was assisted by SAILS-Waco in obtaining his requested power wheelchair. Mr. Ballew is 68-year-old who lives in Aquilla of Hill County, Texas. This consumer has struggled with mobility due to paraplegia. His limitations began to affect his self-care- he could no longer get himself in the shower or around his home.

Mr. Ballew has now received his powerchair, with assistance from his IL Coordinator, and is on his way to independently travelling in his home and community!

(story, left column)



With a portable oxygen concentrator  
Ms. Markita Johnson goes outside freely

## SAILS Staff Had A Great Time At The Low Vision Expo

By Kitty L. Brietzke, J.D.

On Saturday April 1, 2023 the SAILS staff participated with me in the annual Low Vision Expo at the Marriott Hotel near the San Antonio Airport. There were many community exhibitors with a variety of vision information and other resources for persons who are legally blind or have low vision. SAILS staff provided information about our three programs: Basic IL , the Outsourcing Program which offers durable medical equipment and our Expanding Public Health program.

It was a fun experience and we all had a great time too!



SAILS Staff had a great time at the Low Vision Expo

## Congratulations To Two New Staff Members



O'Tamia Owans-Shepherd

O'Tamia Cowans-Shepherd is a graduate of Tarleton State University where she earned a Bachelor's degree with a major in Psychology. She was recently hired as one of SAILS IL Outreach Specialists to assist our consumers with disabilities with durable medical equipment and related services.

She has experience in case management and over 20 years of customer service experience. She loves volunteering for extracurricular activities with her children's football too. She also has abundant knowledge of resources in and around Waco, Texas where SAILS Satellite office is located. Congratulations O'Tamia!



Analissa Tomlin

Analissa Tomlin has a Bachelor of Science from the University of A & M in Corpus Christi. She was recently hired as SAILS Public Health Coordinator funded by the Administration on Community Living (ACL). Analissa will be gather Covid-19 related health data through surveys and outreach in SAILS counties and summarize the results of her work at the end of the contract.

Analissa has experience with assessments, documentation, creating treatment plans and coordinating events in her past employment. She believes in compassion for others and is excited about this opportunity with SAILS! Congratulations Analissa!

## A Wheelchair Lift For Ms. Sheri Cason

Savannah Robinson, IL Outreach Specialist

Ms. Sherri Cason reached out to SAILS-Waco to get help in obtaining a wheelchair lift for the front entrance of her home. Ms. Sherri Cason is 54-year-old, living in Blum, in Hill County, Texas. Ms. Cason struggles with her mobility due to a spinal cord injury. Living with this condition left Ms. Cason feeling frustrated, as she could not enter or leave her home without great effort and support.

With assistance from SAILS-Waco, Ms. Cason's lift has been successfully installed, giving her the opportunity to leave her home safely.

Ms. Cason stated, "Yes the lift was installed properly and works!"



A wheelchair lift for Ms. Cheri Cason

## A Path Well-Trod: Mr. Kevin McGee

Shawanna Marshall, IL Outreach Specialist

As a consumer of SAILS, Mr. Kevin McGee has had a difficult time finding his place in the hearing world. He has faced many obstacles that would frustrate even the hearing, but Mr. McGee has always tried to smile in the face of it all. With assistance from his IL Specialist, Mr. McGee has been able to find and keep permanent housing and maintain health services. "I just want to be happy like everyone else," says Mr. McGee as he thanks SAILS for how he has been able to accomplish his goal.

Keep up the great work Mr. McGee!



Mr. McGee has been able to find and keep permanent housing and maintain health services

## Mr. Amelin Is Able To Obtain Affordable Housing

Shawanna Marshall, IL Outreach Specialist

Roychester Armelin stands proudly after receiving help from SAILS to obtain affordable housing and participation in the SAILS Gateway to Abilities Support Group.

Mr. Amelin is able to obtain affordable housing



## Calendar

### March 2023

- 3- SAILS Gateway to Abilities Support Group
- 7- Fish City Grill Fundraiser
- 8- SAILS Board of Directors Meeting
- 14- SAILS Staff Meeting
- 24- ADA Planning Meeting
- 28- TEXCIL Face-to-Face Meeting/ARCIL

### April 2023

- 1- SAILS Staff Attend Low Vision Expo
- 4- Fish City Grill Fundraiser-Culebra
- 11- SAILS Staff Meeting
- 14- SAILS Gateway to Abilities Support Group
- 21- ADA Planning Meeting
- 28- Battle of Flowers Holiday

### May 2023

- 2- Fish City Grill Fundraiser at South Rim
- 5- SAILS Gateway to Abilities Support Group
- 9- SAILS Staff Meeting
- 26- In-Service Training
- 29- Memorial Day Holiday

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## Gateway to Abilities Support Group

Shawanna Marshall, IL Outreach Specialist

For the month of February, SAILS continued the trend to promote wellbeing and a healthy lifestyle. Support group members were intrigued with more information about supporting their nutrition and preventing diabetes. Valerie Richardson, a health program specialist with the City of San Antonio Metro Health district explained how having a well-balanced diet and exercise routine can help to accomplish this goal. They were given examples of a healthy balanced plate and learned about portion control.

The support group in March supported the participant's physical and financial well-being with a presentation from Lisa Senteno, a faith-based community engagement specialist with Adult Protective services. Ms. Senteno illustrated how abuse can take many forms and everyone should do their part to help prevent or stop suspected abuse or neglect.

The support group in April was exciting with a presentation from the City of San Antonio Parks and Recreation Department. Support Group members received information about a variety of ways to stay fit!

## Ms. Diana Oranday Has Her Apartment

Anna Brocato, IL Outreach Specialist

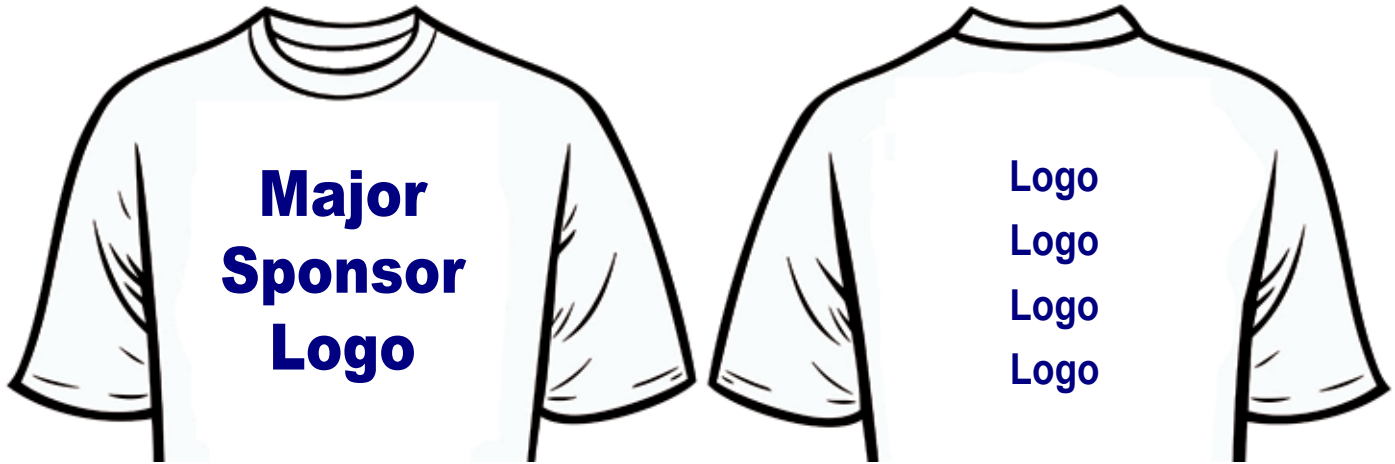
Diana Oranday was able to obtain an apartment with the help of her independent living specialist. She states that she feels safe where she is living now and that she has made new friends within her apartment complex. She is very grateful for SAILS for helping her in her time of need. She didn't know what to do when she got her eviction notice from her apartment complex but with the help of her IL Specialist she was able to obtain housing information and referrals that helped her find an apartment.

She states she would recommend the basic SAILS Independent Living program to her family and friends.

# 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](mailto: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](http://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)

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9-month Link and Listing on Sponsor Page  
of [sailstx.org](http://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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6-month Link and Listing on Sponsor Page  
of [sailstx.org](http://sailstx.org) website

Prime Logo Display on ADA Event  
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)

Recognized As ADA Logo T-Shirt Sponsor  
3-month Link and Listing on Sponsor Page  
of [sailstx.org](http://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](#)

San Antonio Independent Living Services  
11306 Sir Winston Street, Bldg F  
San Antonio, TX 78216



## OTHER FORMATS ARE AVAILABLE UPON REQUEST

### **San Antonio Independent Living Services (SAILS)**

11306 Sir Winston Street, Bldg F, San Antonio, TX 78216  
V/TDD (210) 281-1878 Fax (210) 281-1759 (800) 474-0295 sailstx.org

### **Waco Satellite Office**

5016 Lakeland Circle, Suite B  
Waco, Texas 76710  
254.224.6756 254.224.6752 254.224.6772  
FAX 254.224.6783

#### **SAILS Staff**

##### **Kitty L. Brietzke, J.D. CEO/Development Officer**

Charles Villarreal	Chief Financial Officer
Ben Lukeba	HR-Executive Support Specialist
Abel Zamora	Program Director
Shawanna Marshall	IL/Outreach Specialist
Mariel Garcia	IL/Outreach Specialist
Virginia Ramirez	IL/Outreach Specialist
Anna Brocato	IL/Outreach Specialist
Analissa Tomlin	IL Health Outreach Coordinator
Savannah Robinson	IL/Outreach Specialist (Waco)
O'Tamia Cowans-Shepherd	IL/Outreach Specialist (Waco)

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

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

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