

ACCESS



THE SOUTHERN ADIRONDACK INDEPENDENT LIVING CENTER

Issue XLV: Winter 2017

Editor: Peter Welch

SAIL Helped Save the State \$7,703,860 Last Year

SAIL staff worked very hard last year, as we do every year. Here is some of what we accomplished last year alone. SAIL helped establish and achieve goals for **972** people with disabilities to increase individual independence.

488 businesses were served by SAIL staff. SAIL help save New York State **\$7,703,860** through helping **180** avoid institutional placement and **95** people LEAVE an institution.

We accomplished all of this with a budget of less than \$2,000,000 from State, Federal and local assistance. SAIL was able to make **33** significant changes to make our community an accessible and safe place for everyone! SAIL does not charge for our services and does not refuse services to anyone in need. SAIL depends on community support for our continued work for things not supported by grant funding (repairs to our building, batteries for equipment, etc...)

In our 2015/2016 fiscal year SAIL provided **18,379 services** last year to more than **5,225 people**. (Including 3,147 unduplicated count of individuals with disabilities) in 23 NY State counties. Including:

- 2,155 times SAIL helped people trying to understand and achieve benefits
- 495 times SAIL helped a voter register
- 5,550 times we helped people find help or connected them with services available
- 1,572 times SAIL staff provided advocacy for an individual
- 578 times SAIL staff provided assessments and/or recommendations for accessibility
- 1,571 times SAIL loaned equipment to someone who needed it to be independent
- 1,464 times SAIL staff were listening here and just there to talk about issues with having a disability.

And Much More! SAIL is a wonderful resource for people with disabilities to get help if needed! We at SAIL are proud to serve the community and work hard to help people with disabilities become more independent.

Upcoming Events

- March 11, 10:30 AM** Artful Expressions
- March 14, 9:30 AM—12 PM** Living Healthy 6 Week Group at Saratoga Library
- March 15, 9:30 AM—12 PM** Living Healthy 6 Week Group at Qsby Office
- March 15, 1:00 PM— 3:30 PM** STEPS (soft skills) at Queensbury Office
- March 17, 12—2:00 PM** St. Patrick's Day Potluck Luncheon in Queensbury
- March 25, 3:00 PM – 5:00 PM** Art Show at SAIL. Hors d'oeuvres served
- April 28, 12:00 PM—2:00 PM** Volunteer Appreciation Potluck Luncheon

Inside this issue:

GOVERNMENT	2
SAIL NEWS	3
TRAID/EI	4
HEALTH	5
EDUCATION	5
MEMBERSHIPS	6
SUPPORT GROUPS	7
SAVE THE DATES	8

Government

NYAIL's 2017 Priority Agenda



The New York Association on Independent Living (NYAIL) is a statewide, not-for-profit membership association created by and made up of Independent Living Centers all over New York State. NYAIL's mission is improving the quality of life, protecting the rights, and making sure there are equal opportunities for all people with disabilities, as well as promoting the Independent Living philosophy both within the disability community and to the public. NYAIL provides programs in three areas: public policy and systems change,

technical assistance and membership programs to strengthen New York State's Independent Living Centers, and public education about Independent Living and the services and supports needed by people with disabilities to live in the community. NYAIL strives for in all its activities to remove barriers to the independence, inclusion, and integration of people with disabilities in New York. They urge the Legislature to take action in the 2017-18 Budget to support the State's efforts towards the full integration of New Yorkers with disabilities & it will be available soon. The agenda is prepared annually for the NYAIL Legislative Day that was in Albany February 13th this year. The annual priority agenda is in response to the proposed state budget. You can access NYAIL's priority agenda at: <http://ilny.org/advocacy/advocacy-priorities>

Filing Taxes in 2017

Here are some interesting things about filing taxes in 2017 for the 2016 tax year.

Tax season opened on January 23, 2017. Taxpayers who e-file could have submitted returns to their software provider or tax professional before that date, but the returns were not accepted by IRS until that date.

FreeFile, the program available through the IRS website, which is free filing software for taxpayers, is now open. It's for Taxpayers who make \$64,000/ year or less.

Some taxpayers will have their tax refunds delayed. Because of bank processing times and bank holidays, it means that some taxpayers may not get refunds until the week of February 27.

Taxpayers have a few extra days to file their 2016 returns this year. The due date is April 18, 2017 this year because of the weekend. If you aren't able to file your return by April 18, then FILE AN EXTENSION. (it gives you an extra 6 months to file, penalty-free)

You will need an appointment for in-person tax assistance from the IRS. Before, The IRS served taxpayers on a first come, first served basis but for 2017, you'll need an appointment for in-person tax help at all IRS Taxpayer Assistance Centers (TAC). To schedule an appointment, taxpayers can call 844-545-5640.

The IRS hopes to issue more than 90% of taxpayer refunds in less than 21 days. The "Where's My Refund?" tool is available via the irs2go App. You can track where your refund is with this app and do much more.

For more information on all this, visit: <https://www.irs.com/file-taxes-online> .

"2017 Federal Tax Calendar IRS Tax Due Dates for the 2017 Calendar Year." <https://www.irs.com/articles/2017-federal-tax-calendar>. US Tax Center at IRS.com.20, Jan. 2017



Department of the Treasury
Internal Revenue Service

SAIL News

Artful Expressions: “Connecting Our Wisest To Our Newest”

Artful Expressions was an intergenerational art program for kids, adults and seniors hosted by Southern Adirondack Independent Living at SAIL. It was funded by Leo Cox Beach Philanthropic Foundation.

The first session was September 24th 2016 where kids were able to bake apple themed goodies, paint and have a story read to them.

The second session was on October 15th 2016. Here the kids interacted with seniors, painted pumpkins, and did other art projects and activities. Face painting, provided by a lovable witch, was also available for anyone who wanted Halloween designs on their faces. Kids were also able to play with a particularly fun toy called the Spin Toy. It was a hit with all the young ones who attended the Halloween art event. Bowling was another fun activity for the kids to enjoy and costumes were optional. Some partook in this aspect of the fun.

The next Session, on Saturday, November 19th 2016, had a Harvest type theme. Again the Spin Toy was a hit, but kids were able to create a Bird Feeder out of a pine cone and peanut butter. There was a Harvest Themed bean bag toss and many other crafts for everyone to enjoy.

On December 3rd last year the Artful Expressions session included holiday music and everyone was able to make ornaments and bake cookies along with other fun crafts to do.

The January 14th session was a lot of fun for the kids. They were able to make paper tube penguins and polar bears, make wood stick snowmen, and create marshmallow snowmen treats with M&Ms as buttons (stuck on by frosting), an Oreo as a top hat and mini chocolate chips as a coal face. There were also make your own sundaes to be consumed towards the end!

There will be a session on March 11th at 10:30 AM in the SAIL lobby. It is free, all are invited, and all materials are provided. It will be fun! RSVP to MariaM@SAILHelps.org or call 792-3537 to ensure there are enough refreshments and materials.

Michelle Hajeck, the leader of the series had this to say about Artful Expressions:

“We wanted to provide stimulating activities that enrich the participants while providing a bridge between the age gaps. We wished to focus on highlighting the talents and special attributes of each generation and each individual. To connect our wisest to our newest.”



SAIL Will Be Having An Art Show On March 25th at The SAIL Center From 3-5 PM



Vermont Ribbon Sky

SAIL is hosting an art show on March 25th at our center. One of the artists featured, is **Seth Butler**. He is an artist living and working in the Glens Falls area specializing in oil paintings in both the still life and fantasy genres. Mr. Butler has always found inspiration in the creative interpretation of subjects both real and imagined. He has exhibited at The Outsider Art Expo in NYC, the holiday open house at the Troy Shirt Factory and NCCC in Ticonderoga. His art is featured in February at The Crandall Library. Seth studied Fine Arts at Plymouth State University in New Hampshire and has been drawing and painting for most of his life. To the left is one of his paintings.

TRAID/EI

SAIL Purchased Many New TRAIID/EI Items to Lend Out

SAIL has purchased many new items to lend out to people who may need medical equipment. Among the many items are:



Seat Wheel Rollator



Knee walker



Seat Assist



Cordless Monitor/Bed Sensor



Automatic Pill Dispenser



- Transport Chairs
- Rollators
- Visit Door Transmitters
- Bed-Chair alarm w/ weight sensing Chair pads
- Bariatric Seat Wheel Rollators
- Gel Wheelchair Seat Cushions
- Wireless Fall Monitor Bed Pad pager kits
- Monthly Medication System with Talking alarm Stadium
- Talking Personal Recording Alarm Clock
- 60 Minute Jumbo Timer Audio – Visual Alarms
- Long-Ring Timers
- Bath Benches w/ removable arms
- Talking Alarm Clocks with Personalized Voice Reminders
- Talking Personal Scales
- Handheld Reachers
- Handles for Home style beds with Cushioned hand grip
- Med-e-lert Automatic Pill Dispensers
- Bariatric Wood Transfer Boards
- No Bend Shoe Removers
- Bathtub Transfer Benches
- Raised Toilet Seats w/ Arms & Legs
- Wheelchair Ramps
- Bariatric and Lightweight Wheelchairs
- Seat Assists
- Steerable Knee Walkers
- Cordless Monitor/bed sensor combo

We have many more items to lend out. Stop by to see what else we have or call 792-3537 for more information. We are open Monday—Friday 8 AM—4 PM.

Highlighted Equipment: Pull String Alarm

Have you ever been a caregiver and you worry about the person for whom you are caring getting up from a chair, wandering and/or falling? This pull String Alarm alerts caregivers of a person’s movement. How it works is:

- Cord gets clipped to patient’s clothing
- If patient moves, cord triggers alarm
- Audible alarm alerts caregiver to check patient
- Includes monitor in shock-proof boot plus cord

This Pull-String Fall Monitor features a magnet-positioned cord that attaches by a garment clip to the resident's clothing. When the resident attempts to get out of their chair, the tension on the Pull-String Cord causes the magnet to pull away from its position, causing the fall alarm to sound and alerting the caregiver of the resident's departure. Adjust the Cord Stop to the desired Pull-String length for the resident's comfort and also to prevent false alarms. It takes a 9V battery for operation.

Health

Summary of Open Enrollment For Health Insurance

As tax filing season comes around again, we are often left with the responsibility of determining what to do and how to do it. When it comes to health insurance through the NYS of Health Marketplace, it adds another level of the question; what to do with the information? The first thing to do is to figure out where you are going to get your taxes done. There are programs that families may be eligible for based off household income. For families that earn \$54,000 or less annually, the VITA (Volunteer Income Tax Assistance) program is a free and professional tax service that is available for your tax filing needs. VITA has locations all over the region with both day and evening hours available. For families that earn less than \$64,000 the option of myfreetaxes.com to file your taxes online for free is available as well. To schedule an appointment or for more information call 1-800-211-5128. You can also contact a tax professional to assist with the filing of your taxes if you fall outside of the income guidelines listed.

So now your taxes are done and you may be left with a few questions regarding your health insurance. If you realize that you were assessed a penalty for not carrying health insurance for a portion of the year, you can contact the SAIL Navigator department to see what options may be available. While open enrollment ended on January 31st, 2017; our navigators are able to assist in checking to see if you may be Medicaid or Essential Plan eligible for adults, both of which offer continuous enrollment based off of family income. Child Health Plus has no income limits and has year round enrollments. If it is determined that you are **ineligible** for either of those plans, the navigators can speak to what is called a "Qualifying Event" such as a marriage, a birth or loss of insurance due to divorce amongst other events. If you are self-employed and realize that the income that was provided at the time of the application does not match to what your taxes say, you can always call our office and update your application with new numbers. Anytime you have an update a Navigator can help. Finally, if you are not sure, you need help with medical bills or other health insurance questions, SAIL always has someone to talk to! For more information regarding navigator services and health insurance through the NYS of Health Marketplace, please contact our office at 518-792-3527 ext. 303. Written by Tyler Whitney, SAIL Director of Navigator Services

Education

Weatherization: Are You Eligible?

Are you sitting in your living room with not only a sweater but also a blanket to keep you insulated from the drafts coming through your windows and doors? Is your heat going out through your roof because you don't have enough insulation? You may qualify for help with these issues if you are an income-eligible New Yorker. There are two programs in New York State which offer assessment for free energy saving upgrades. They are the Empower Program and the Weatherization Assistance Program. In some areas you can apply for both programs through the same provider. The auditors will evaluate your electricity cost and use. Depending on the results they may make improvements such as:

- Install high efficiency lighting as needed
- Review and adjust your thermostat setting for maximum comfort and savings
- Check and adjust your hot water temperature
- Evaluate the need for high efficiency showerheads and aerators, and install if needed
- Measure the energy use of your refrigerators and freezers.
- Check for carbon monoxide and evaluate the need for CO and smoke detectors

In some instances if your energy costs are significant they may be able to help with these additional tests and improvements:

- Evaluate your heating system and conduct a combustion efficiency test
- Assess the insulation levels in the home, and ensure that insulation is in all the right places
- Measure the air leakage in the home, using a "blower door". This device helps us determine if the house is drafty.
- Check for gas leaks if natural gas or propane are in use at the dwelling

To see if you are income eligible and for more information on the Empower Program call 1-800-263-0960 or go to <https://www.nyserda.ny.gov/All-Programs/Programs/EmPower-New-York>. The contact information for the Weatherization Assistance Program is 518-474-5700 or <http://www.nyshcr.org/programs/weatherizationassistance/> or by e-mail at weatherization@nyshcr.org. Written by Sandy Schlotter, SAIL Navigator

Membership

If you are interested in becoming a member, please contact us here at SAIL at 792-3537 or 584-8202, email us at sail@sailhelps.org, or visit our lobby. There are membership forms there. ***Many thanks to all our Members.***

Sponsor Members

Adirondack Dental Implant Center • Gary Banta & Raymond Butler • David Bogue & Margaret Foote • Brookfield Renewable Power • Ellen & Paul Connors • CR Bard • Dick Saunders State Farm Insurance Co. • Glens Falls National Bank & Trust Co. • Bruce Lanphear • Francis & Joanne Smith • Stewarts Shops • Wilcenski & Pleat PLLC

Honorary Members

John & Michelle Logan • Rich Myette

Partner Members

John & Louise Sobing • Fred & Pamela Scialabba

Family Members

Abraham Abbott • John & Donna Acker • Dennis Brower • Patricia Byrnes & Family • Phillip & Rhoda Corbett • Rose Mary Deso • Tenly Gregorio & Isaiah & Christopher Brumm • Lloyd Hammond & Kathy Rawlin • Josephine & Chelsea Hayes & Bernard Gregory • Kimiko & Mikiko Kurosaka • Nancy, Brian & Tina LaFlure • Julie & Rick Leonelli • Lois Morehouse & Ed & Tony Hockenberry • Hal & Deanna Payne • Pat & Jim Porter • Angela Rowley • Bonnie & Robert Sharp • June & Mark Talley • Robert & Beverly Whitmore • Diana Willard & Gary Dunham

Individual Members

Floyd Allen • Helen Andersen • Lillian Beswick • Richard A. Canale • Angela Cotugno • Ada Fisher • Edward Foote • Wilbur Forrest • Gloria Ghirarduzzi • Patricia Hohman • Cynthia Joiner • Anne F. Klein • Kim Leary • Rita McGavisk • James McGuire • Lore Neff • Patricia Oddey • Helen Pearl • Eleanor Pearson • Helene Rudnick • Fredd Sensor-Lee • Kent Sheeler • Mark Shovah • Donna St. Germain • Phyllis Torok • Linda Turnbull • Marilyn Whalley • Corinne Wiley • Rita Wolfe • Debbie Wood

Support Groups

TBI Support Group

Provides education and support for individuals with a Traumatic Brain Injury (TBI)

1st Thursday of Every Month
(except holidays)

4:30—5:30 PM

At Support-Link, 667 Bay Rd. Building 1, Qsby

**Call Christine Cerro at 798-2972 x 303
for more information.**

A service of Support Link & The Rehab Centers of GFH

MS Support Group (Night and Day)

4th Thursday of every month (Day)

11 AM—1 PM

2nd Tuesday of every month (Night)

7 PM—9 PM

At Southern Adirondack Independent Living

71 Glenwood Ave. Queensbury, NY

To confirm date, call Lou Ann at 793-9506

TOPS

(Taking Off Pounds Sensibly)

Nonprofit, weight-loss support and wellness education organization.

Every Thursday night from 5 PM to 8 PM

At Southern Adirondack Independent Living (SAIL), 71 Glenwood Avenue, Queensbury

North Country Care Givers

Support Group

Open to ALL caregivers of individuals with memory disorders and other disabilities.

2nd Tuesday of every month

6:15 pm—7:30 pm

At the Chester Horicon Health Center

In Chestertown, NY

Alzheimer's Caregiver's Support Group

Conkling Center: 79 Warren St. in Glens Falls

Call 1-800-272-3900 for details

27 Woodvale Road: Queensbury, NY

Call 1-800-272-3900 for details

Stroke Support Group by the Glens Falls Hospital

Last Monday of every month

From 4:30—5:30 PM

At the Rehabilitation and Wellness Center
in Queensbury, NY

2 Country Club Rd. Room 170

Please Save the Dates for Events at SAIL in 2017

February 10

Valentine's Day Potluck Luncheon

Friday 12—2 PM. Please bring a dish to share.

At The Southern Adirondack Independent Living Center. 71 Glenwood Ave., Queensbury.

March 17

St. Patrick's Day Luncheon

Friday 12 —2 PM. \$4 per Non-member/ Members eat FREE. We'll have Corned Beef and Cabbage and Other Irish cuisine. At the SAIL Center—71 Glenwood Ave. Queensbury, NY.

April 28

Volunteer Appreciation Potluck Luncheon

Friday 12— 2 PM. Please bring a dish to share with everyone. At SAIL.

May 19-21

Garage Sale Fundraiser at SAIL

Friday & Saturday 8 AM—4 PM on Friday and 9 AM— 2PM on Saturday.

We take donations to sell.

July 21

Americans With Disabilities Act (ADA) Barbecue

Friday 12 PM—2 PM. We will have great BBQ food to eat. At SAIL.

\$4 for Non-Members/ Members eat FREE.

September 18-22

Open House

8AM—4 PM Come see what SAIL is all about! Stop by and in our Lobby we can tell you all about us.

September 22

Fall Potluck Luncheon

Friday 12PM—2PM. Please bring a dish to share with everyone. At SAIL Center

October 27

Halloween Potluck Luncheon

Friday 12 PM—2 PM. Please bring a dish to share.

At SAIL. Costumes are optional.

December 8

Holiday Potluck Luncheon

Friday 12 PM—2 PM. Please bring a dish to share. At the SAIL Center.

Notification of Rights and Responsibilities, Confidentiality and Grievance Process-

SAIL likes to hear from you and exists to help promote DIGNITY, EQUALITY, and INDEPENDENCE. The notice is given to every consumer and is available on our website or paper copies are available in each office.

Questions? Contact Jocelyn at 792-3537 or at JocelynB@SAILhelps.org

Just a couple things SAIL can do!

Did you know? SAIL has 3 offices and many sites for different services? The biggest office is at 71 Glenwood Avenue in Queensbury. We own that building. We rent space at 418 Geyser Road in Ballston Spa and that office offers Advocacy and TRAIID services. Our Plattsburgh Office is at the 194 US Oval Complex and we are in room 226 offering Health Insurance Enrollment in the NYS Marketplace. SAIL also offers health insurance enrollment in over 20 other sites throughout the region!

SAIL Helps with TRANSITIONS – SAIL was the first program in the state to help with a transition out of a nursing home with the Olmstead Housing program. SAIL staff go into nursing homes and other institutions and help people make a plan to live more independently and provide information on community based options. SAIL staff also help people transition between educational opportunities, employment, and different types of care and different types of health insurance.

SAIL Helps CHILDREN! – SAIL is able to provide loans of durable medical equipment, assistive technologies, and learning devices for children as well as adults. This includes devices from birth through school! SAIL also has available SHIELD and WHALE information and kits to help increase safety of children in the community when there is a crisis. Finally, SAIL staff can offer advocacy and support for youth and their parents experiencing disability related concerns at school or in the community.

SAIL can help with HEALTH INSURANCE AND ADVOCACY – SAIL has health insurance enrollment, health and care related advocacy, and health literacy training available for people at all walks of life. From pregnancy through end of life, SAIL has someone available to help you “Navigate” the health care maze.

GLENS FALLS INDEPENDENT LIVING CENTER OPERATING AS
SOUTHERN ADIRONDACK INDEPENDENT LIVING
71 GLENWOOD AVE.
QUEENSBURY, NY 12804



**Southern Adirondack
Independent Living (SAIL)**

Email: SAIL@SAILhelps.org

Website: www.SAILhelps.org/

Mission Statement

Promoting the Independence, Equality, and Dignity of People with Disabilities.

71 Glenwood Ave.

Queensbury, NY 12804

Phone: (518) 792-3537

Fax: (518) 792-0979

TTY/TTD: (518) 792-0505



418 Geyser Rd.

Ballston Spa, NY 12020

Phone: (518) 584-8202

Fax: (518) 584-1195

TTY/TTD: (518) 584-4752



194 US Oval, Rm 226

Plattsburgh, NY 12901

(518) 792-3537

