



ACCESS



The Southern Adirondack Independent Living Center — Issue XLVII: Early Summer 2017

CACT Computer Lab Moves Within SAIL Building

SAIL has a new CACT Computer Laboratory and the new room is larger than the old one. We have new computer equipment, thanks to ACCES-VR, one of which is a computer standing station for those who may have trouble sitting for long periods of time because of back injury, for example. (It is pictured below right) The cabinets (pictured below left) are filled with computer equipment; many of which are adaptive. Examples of what we have now include: Rocketbook Wave Reusable Notebooks, SONY Stereo Digital Voice Recorders, Dragon Naturally Speaking 13, Wireless and Large Print Keyboards, and many different Magnifiers. So, please stop by to see the new lab from 8 am - 4 pm, Monday—Friday. We still have free basic computer classes, Tuesdays or Wednesday mornings and we also can teach basic computer skills *one on one* for \$20 an hour. Please call 792-3537 for more information on what we have in the lab or to register for classes.



Get Your Individual Access Pass Now!

The Access Pass permits residents of NYS with disabilities, as defined in the application, free or discounted use of state parks, historic sites, and recreational facilities operated by the New York State Office of Parks, Recreation and Historic Preservation and the New York State Department of Environmental Conservation.

Applications are available at any of their facilities or at <https://parks.ny.gov/admission/documents/AccessPassApplication.pdf> or by contacting: ACCESS PASS

New York State Parks
Albany, NY 12238
(518) 474-2324
TTY/TTD through 711 Relay

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Upcoming Events

- July 21, 12 PM—2 PM Americans with Disabilities Act (ADA) Barbecue at SAIL. \$4 for Non-Members/Members eat free.
- September 18-22, 8 AM—4 PM Open House at SAIL

Visit SAIL each day for the week and see what we're all about.

Thank You!

Thank you very much to everyone who donated to and volunteered for our very successful SAIL Garage Sale. We raised over \$1,200 for **the agency. However, we'd like to especially thank** Tyler Whitney and Sandy Schlotter for all their hard work on this fundraising event.



SAIL NEWS

SAIL Has A New NY Connects Staff Member

James Swanson is our new NY Connects staff member. NY Connects provides free, unbiased information and assistance regarding long term care. Their goal is to help individuals remain in their homes as long as possible. NY Connects serves older individuals and individuals with disabilities of all ages. They can help you link to long term services and supports, such as home care, transportation and meals. They help families, caregivers, and professionals. James says,

“My name is James Swanson and I am very excited to be part of SAIL. Although I officially work for NY Connects through the Independent Living Center of the Hudson Valley I feel very much part of what is happening here at SAIL.

I have been in a helping and/or teaching profession my entire career as a minister, YMCA director and college instructor. I hope to be a help to others through NY Connects, and I hope to be beneficial to SAIL and its consumers as well.

I am originally from Indiana and my wife, Joan, and I met at Indiana Wesleyan University. Joan is an education professor at Skidmore College. We have four children and four grandchildren.

If I can help you help others, please let me know!” He can be reached at:

James Swanson, Ph. D.

NY Connects Specialist

james@sailhelps.org

(518) 703-5896



Living with Chronic Condition & Soft Skills Classes This Summer

Living Healthy SAIL is presenting with sponsorship from QTAC-NY a free six week living healthy program, Chronic Disease Self-Management Program (CDSMP). This program works to promote healthy living through learning tools to manage and take control of your health. Participants work to discover practical ways to live better and healthier through nutrition and exercise choices as well as learning to cope with symptoms of the chronic disease. CDSMP provides an excellent peer supported environment for problem-solving. SAIL provided two sessions of the Living Healthy program within the past year with 16 participants and will be holding a Saratoga County class this summer. This course is intended for individuals with a chronic disease or disability, service coordinators or caregivers of these individuals. **One participant noted that “I like that the program (CDSMP) helped me to set small goals that I could accomplish so that coping was more manageable.”**

If you are interested in registering for this class, please contact Mandy VanTassell by email at MandyV@SAILhelps.org or call (518) 584-8202.

STEPS Soft Skills: Steps to Employment Potential & Success STEPS is a course designed by SAIL to assist participants with identifying and developing soft skills for success in gaining and maintaining employment. This 10 week course provides the opportunity to understand skills and how they affect their life and work while working to improve and develop the skills. **Participants will learn to identify “red flags” in the workplace and how to respond appropriately to improve the situation.** They will gain functional planning tools and methods to improve follow through in both work and personal environments. The course not only identifies and teaches important skills but provides participants an opportunity to practice these skills within the classroom. With the completion of our first two sessions, SAIL is providing an upcoming sessions in Saratoga starting at the end of June and running the course of the summer. Additionally, we are providing a **“boot camp” version that will run Monday through Friday for two weeks.** If interested in registering for this class, please contact Whitney Jobmann, Outreach & Advocacy Coordinator at WhitneyJ@SAILhelps.org or call (518) 584—8202.

Some SAIL's Services Success Stories

1. Family members of a 45—year old man with inoperable, terminal brain tumor were referred **to SAIL by Hospice. The family was committed to making the man's last months as comfortable as possible.** Staff was able to loan out a hospital bed, alternating pressure mattress, lift recliner, bedside table, and a commode. The family returned the items after the man passed away, expressing their gratitude for the use of the equipment and the comfort that it provided to them knowing that their loved one could remain at home for his final hours. Estimated cost savings for the loan of medical equipment is \$3,505, and estimated cost savings for staying at home instead of living in facility for 2.5 months is \$25,000. The total cost savings is \$28,505.
2. A wife came to SAIL and asked if we could help her unemployed husband with excel because he had a job interview coming up. SAIL staff met one on one with her husband and went over how to set up a simple spreadsheet. He, who had taken an excel class years ago, knew the program had changed significantly since he had last used it. Staff refreshed his skills by going over basic formulas and charts in excel too. He left our class feeling more confident about his computer skills. SAIL Staff was informed two weeks later that her husband had gotten the job because he was able to set up a spreadsheet for his new employer when asked to in a second interview. He is now gainfully employed.
3. Staff at SAIL worked with a woman with multiple disabilities who had lost her job as a result of disability and was homeless. Through Peer Counseling and Advocacy services, staff was able to assist her with temporary housing and obtaining health insurance. Staff then assisted her with obtaining documentation of her medical status, and assisted her with completing an application for Social Security. She was approved for Social Security within 3 months, and was able to move into her own apartment. She has since participated in a Chronic Disease Self-Management Program with SAIL staff, and is learning to live healthy. SAIL Staff continue to work with the woman on resolving past medical bills. Cost savings related to residing in a Homeless Shelter is projected to be \$5,000, and cost savings related to securing medical insurance and participating in Chronic Disease Self Management is projected to be more than \$20,000 per year over the next 3 years.



SAIL NEWS (Continued)

Facilitated Enrollment for the Aged, Blind, and Disabled. (FEABD)

Since 2015 SAIL has proudly offered the FEABD program to members of our community and the surrounding area. FEABD aims to educate individuals and their families about county Medicaid and respond to any questions or concerns they may have. In addition, a facilitated enroller works diligently to assist and guide individuals and/or their family members through the entire Medicaid application and determination process.

To apply for Medicaid through the local Department of Social Services (LDSS) an individual must be over the age of 65, be disabled or seeking a disability determination, or blind. Some of the Medicaid programs offered through LDSS are as follows: secondary insurance to Medicare, Medicaid Buy In for Working Persons with Disabilities (MBI-WPD), NYS Waiver Programs, Managed Long Term Care (MLTC), or Institutionalized Medicaid (Nursing home, rehabilitation, Skilled Nursing Facilities). An individual who is disabled but not yet receiving Medicare, or who has not turned 65 is also eligible for primary insurance through the county.

Another program offered through the FEABD program is Medicare Savings Program (MSP) assistance. The MSP program designed to help individuals pay for their Medicare Part B premium. In some instances, dependent upon income, an individual may also receive assistance with copay and deductibles. For assistance completing a Medicaid or MSP application please call 792-3537 and ask for Shirley or Ashley for assistance at our Queensbury location. For assistance in our Ballston Spa office you may call 584-8202 and ask for Rachael or Patty. SAIL looks forward to helping you!!

By Ashley Schloss, Facilitated Enroller

SAIL Helps at The Washington County Fair

Once again, SAIL plans on being at the Washington County Fair. We are happy to be able to provide free medical equipment loans at the fair to help make the fair more accessible for all of its patrons. Some of the equipment we bring includes wheelchairs, transport chairs, rollators, crutches, and canes. Last year, we were able to provide patrons with over 80 loans for equipment to help them see and do all of the fun things at the fair. We are grateful to have the opportunity to assist the patrons and provide outreach at the fair. If you are an individual that thought about attending but were concerned about all of the terrain, PLEASE COME SEE US!! We will be available for loans from 10 am to 9 pm every day that the fair is open. We are always looking for interested volunteers to assist at all of our events that are in the community throughout the year. If you are interested in helping at the Washington County Fair, please let us know and spend some time volunteering with one of our employees and learn more about SAIL services at the same time! Please contact Whitney Jobmann at WhitneyJ@SAILhelps.org or call (518) 584-8202 for more information.

Join Us at the Million Dollar Duck Race!

Glens Falls Kiwanis hosts an amazing Duck Race Event. A million dollar amazing duck. How do you win a million dollars? Come to SAIL and purchase a \$5 duck race ticket. **That's it!** Then you are entered for your chance to win the race. **If you win and your duck's number matches the number in the envelope,** you win a million dollars. If not, you still win a couple thousand dollars. All of the money raised supports local non-profits like us including the Glens Falls Kiwanis. It is a win-win. Support your local community AND have a chance to win money. The Duck Race Event is a must attend. It is a great family event with vendors, food, music and games plus your chance to watch the race and cheer for your duck! Come support SAIL and buy a \$5 duck race ticket. Call for additional information or check our website under 'Events' at www.SAILhelps.org. Please contact Whitney Jobmann at WhitneyJ@SAILhelps.org or call (518)584-8202 for more information.

GOVERNMENT

Independent Living Level Funded in 2017 – Initiate Contact with Your Senators and Representatives Now to Avoid Future Cuts

On Friday, May 5, 2017, President Trump signed the \$1.1 trillion [spending bill](#) that was passed by the House and Senate earlier in that week. The passage of this omnibus spending bill keeps the government funded through the remainder of Fiscal Year 2017, which ends on September 30, 2017.

Given the recommendations from the Administration to make significant cuts, we were surprised to see that many of the programs and departments important to the disability community were level-funded, and some even received small increases. Our main funding focus, the Independent Living Program, received \$101,183,000, which includes \$22,878,000 in Part B funding and \$78,305,000 in Part C funding. This is level funding from FY 2016 spending levels and is actually a very slight increase from the first part of FY 2017 due to the .19% across-the-board cut in the December Continuing Resolution (CR).

In addition to the Independent Living Program, there are several other funding levels to take note of. Several Departments received increases, including the Department of Health and Human Services (HHS): a \$2.7 billion increase for a total of \$77.7 billion, the Department of Transportation (DOT): a \$681 million increase for a total of \$19.3 billion, and the Department of Housing and Urban Development (HUD): a \$513 million increase for a total of \$38.8 billion. The Administration for Community Living (ACL) received a \$1.2 million increase (for a total of \$1.9 billion), with the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) being level funded at \$104 million and the Assistive Technology Act also being level funding at \$32 million; however, \$2 million was allocated toward grants for Alternative Financing Programs for assistive technology devices. The Substance Abuse and Mental Health Administration (SAMHSA) received a \$130.6 million increase (for a total of \$3.6 billion). While HUD received an increase overall, Section 811 Housing for people with disabilities received a decrease of \$4.4 million (for a total of \$146.2 million); this was one of only a small number of HUD programs to receive a cut. And other Departments received decreases, including the Department of Labor (DOL): an \$83 million decrease for a total of \$12.1 billion and the Department of Education (ED): a \$1.2 billion decrease for a total \$68 billion. However, while funding for ED overall decreased, funding for the Individuals with Disabilities Education Act (IDEA) was increased by \$90 million (for a total of \$12 billion).

Now that the FY 2017 funding is finalized, Congress will begin to turn their attention to FY 2018. As a reminder, **all we've seen from President Trump is the “[skinny budget](#)” he released in March, which outlined some of his priorities.** While there has been criticism on both sides of the aisle, we know that Congress hopes to make major cuts. Level funding does not meet our needs, but right now our focus must be on fighting against any cuts that will negatively impact the Independent Living Program. Please continue talking with your members of Congress. Please continue trying to get them to visit your CIL over the recess. It is on us to make sure that our [Senators](#) and [Representatives](#) know how important Independent Living is to their constituents with disabilities. Only by hearing directly from their constituents will they understand the vital need for funding and the incredible value of the IL Program! More Information: [Summary of the Labor, Health and Human Services, and Education appropriations from the Appropriations Committee Chairman Rodney Frelinghuysen Full Committee Report](#) [Detailed summaries of the 11 Appropriations bills.](#)

-From **Theadvocacymonitor**. “**Independent Living Level Funded in 2017 Initiate contact with your senators and representatives Now To Avoid Future Cuts.**” <http://www.advocacymonitor.com/independent-living-level-funded-in-2017-initiate-contact-with-your-senators-and-representatives-now-to-avoid-future-cuts/>. The advocacy monitor, May 10, 2017

SAIL is here to help you. If you have any questions about this issue, please stop by, call, or email us. We also have an Action Alert Group which contacts our Representatives and lets them know what we think. We need your help. Our address is 71 Glenwood Ave. Queensbury, NY 12804. Our phone number is (518) 792-3537, and our email address is sail@sailhelps.org Contact SAIL if you are interested in helping us with our Action Alert Group. We would really appreciate it. Thank you.

HEALTH



18% of NYS's Population Gets Their Health Coverage Through The Marketplace

3.6 million New Yorkers enrolled in a NY State of Health Marketplace health plan by the end of the fourth open enrollment period on January 31, 2017. That's nearly 1 in 5 New Yorkers.

According to data from the Centers for Disease Control and Prevention, the success of NY State of Health has caused a significant drop in the state's uninsured rate, from 10 to 5 % between 2013 and 2016. This has been the busiest enrollment period yet which proves that the Marketplace is essential to the state's healthcare system. It allows consumers to get the healthcare they need.

- This year 3.6 million people enrolled through the New York State of Health (as of January 2017) Last year, as of January 31, 2016, 2.8 million people were enrolled. That's a difference of 800,000 people.
- Evaluated together, the number of individuals enrolled in the Essential Plan and in Qualified Health Plans (QHPs) increased by 39 percent between 2016 and 2017, from over 650,000 to more than 908,000 people, which means individual enrollment is doing really well.
- During the 2017 Open Enrollment Period, nearly 2 million people visited NY State of Health's website.
- The Customer Service Center also experienced increased consumer demand, answering nearly 2 million calls during the Open Enrollment Period.
- New Yorkers continue to have a broad choice of health plan options through the Marketplace in every county of the state. This includes choice of plans offered by different health issuers, regardless of the program the individual is eligible for. Eleven health insurers participate in *all* individual market programs offered through NY State of Health (QHP, EP, CHP, Medicaid) which allows for continuity of coverage when family members are eligible for different programs and/or individual program eligibility changes over time.

The complete 2017 Open Enrollment Report is available on the NY State of Health website at: <http://info.nystateofhealth.ny.gov/2017OpenEnrollmentReport>.

SAIL has a wide variety of health insurance programs and options for people to get help. SAIL is committed to continuing to provide services and supports to people with disabilities in a variety of economic climates. SAIL will help to interpret and work through changes in legislation to help our consumers get the services they need and deserve. We are open Monday through Friday 8 AM to 4 PM.



TRAIID/EI

Featured New Equipment: Translator—Transport Chair/Rollator

Have you ever been out and about with a walker and get tired? Our new Translator allows you to sit & rest if you need to take a break. But what if you have to be somewhere quickly? This piece of equipment also turns into a transport chair so someone can push you to where you have to be! SAIL has 10 Translators to lend out now. This convertible equipment can certainly help someone to be more independent. Come check them out at The Center.

- Easily converts from rollator to transport chair
- Adjustable push-button foot-rests
- Cup holder
- Side case
- Under-seat carrying case
- Memory foam support in back



EI (Early Intervention) Now Has Two Rifton HTS Hygiene Toileting Systems



This toilet training system is very versatile. Placing the Rifton HTS on any toilet, round-front or elongated, enables someone to use the same toilet as the rest of the family. Mounting bars make for easy, secure attachment of the chair to the toilet base. Removal is just as easy with no tools required. According to research, support and comfort are essential

for good toileting for children with special needs. That is why it gives children a sense of safety, security and support. The maximum support and comfort are provided by the tilt-in-space base option. Its **gas-assisted cylinder tilts up to 5° forward for easier transfer, as well as 25° back for showering and hair washing.** The unique design of the seat pad opening (open to the rear) allows easy access for cleaning and hygiene after toileting. The portability kit gives users and their families greater freedom to travel. The approximate carry bag dimensions are 19½" X 21¼" X 10". Lifts and transfers present a major challenge to successful toileting. This system makes them easier with a variety of features. Sit-to-stand transfers in and out of the chair provide good practice and strengthening for users. It is exceptionally easy to assemble, adjust and disassemble. All adjustments levers and buttons are blue. So look for blue whenever you are trying to adjust the chair. —Stop by our center to see this, Mon.—Fri. 8:30 AM—4 PM.

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.*

Why does being a SAIL member matter?

- *Membership shows the SAIL means something to the community*
- *Membership provides support for the values of dignity, equality, and independence in the community*
- *Membership gives you an opportunity to make a difference!*

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. • Glens Falls MS Support Group • Bruce Lanphear • Francis & Joanne Smith • Stewarts Shops • Wilcenski & Pleat PLLC

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Individual Members

Floyd Allen • Helen Andersen • Jo-Ann Baccari • Richard A. Canale • Stephen Chagnon • Angela Cotugno • Sandra Cowles • Susan Dornan • Richard Fairchild • Ada Fisher • Edward Foote • Wilbur Forrest • Lena Gagne • Austin Gagnon • Gloria Ghirarduzzi • Patricia Hohman • Cynthia Joiner • Anne F. Klein • June Krause • Rita McGavisk • James McGuire • Lore Neff • Patricia Oddey • Helen Pearl • Eleanor Pearson • Helene Rudnick • Fredd Sensor-Lee • Kent Sheeler • Mark Shovah • Donna St. Germain • Andy Susalka • Phyllis Torok • Linda Turnbull • Marilyn Whalley • Corinne Wiley • Rita Wolfe • Debbie Wood

Independent Living Achievement Award Winners, Nominees, & Individual Members

Kayla Cooper • Dominique LeBarron • Ulises Romero Valencia • Scott Brown • Warren Wright-Sedam • Nick Lundgren • Clara Esper • Alexander King

EDUCATION

Some Things You Should Never Say To Your Boss

“That Can’t Be Done”

Companies want to be successful and to be so, they sometimes have to think outside the box. They want to feel like they can do it. That is what inspires innovation.

“We’ve Always Done It This Way.”

This doesn’t bode well for collaboration and new ideas.

“I’m Bored.”

It sounds unprofessional and you should offer to take on new projects so you sound inspired and productive.

“What Should I do?”

Try to give your boss solutions and not problems. They will appreciate that.

“That’s Not My Job.”

It makes you seem like you’re not a team player even though you may be trying to set up boundaries as more and more work piles up. Most companies are successful when everyone works together. Bosses don’t want to hear “it’s not my job” because they want a well rounded and balanced environment. Working together will make the company more effective.

“I Have Decided To Take Another Job Because I’m Unhappy Here.”

You should let your boss have a chance to fix the problem before you quit. More often than not it’s the first time a supervisor knows you’re unhappy.

“I Don’t Want To Work With Him/Her.”

Personality conflict will happen everywhere. You should try very hard to solve the problem before coming to your boss with this. The supervisor doesn’t want to constantly mediate between two employees.

“Oh Gees, This Is Going To Be So Much Work.”

No one wants to hear a complainer and worse, no one wants an employee who is one also. Positivity is key.

“If I Don’t Get A Raise, Then I’ll Quit.”

Never threaten your boss because it sounds wrong and could backfire on you. They could just say, “Ok, Bye.”

Cain, A (2017 March, 29). *11 sentences to avoid saying to your boss at all costs*. Retrieved from <http://www.msn.com/en-us/lifestyle/career/11-sentences-to-avoid-saying-to-your-boss-at-all-costs/ar-BBz16vX?li=BBmkt5R&ocid=spartandhp>



“I’m Bored.”

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



**Southern Adirondack
Independent Living (SAIL)**

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Mission Statement

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

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