

ACCESS

Issue XLIX: Winter 2018

Inside this issue:

SAIL News	2
TRAID/EI	3
SAIL Updates	4-5
Government	6
Membership	7
Health/Education	8-9

SAIL Has Its 30th Anniversary This Year!

SAIL believes that people with disabilities are the best experts on their own lives. Through education, strong advocacy and direct services, SAIL shows that communities benefit when people with disabilities are given opportunities to live, work and participate as equal citizens. This year marks the 30th anniversary of Southern Adirondack Independent Living. When the center first opened, it was called Glens Falls Independent Living Center the agency was located over the bank on the corner of Bay and Quaker Roads. As more and more people learned about our agency and the services we provide, the number of consumers began to grow. In 1998, Glens Falls Independent Living Center (GFILC) moved to Glenwood Avenue.

Brad Williams, former Executive Director of GFILC (1990-1999), and now Executive Director of New York State Independent Living Council (NYSILC) says, "Congratulations to Southern Adirondack Independent Living on their 30th anniversary! Looking back, it is amazing to witness their growth from the Glens Falls Independent Living Center, formerly located at 25 Sherman Avenue in Glens Falls, to the facility on Glenwood Avenue in Queensbury. SAIL now services a multi-county area and thousands of people with disabilities, their families and friends, and businesses each year. We are fortunate to have such an asset in our community. I am proud to call SAIL my local Independent Living Center!" He and several others were involved with the planning of the new building. The land on which the new construction was built was donated by Dr. R. George Wiswall and his wife, Polly.

In 2007, GFILC was renamed the Southern Adirondack Independent Living Center (SAIL) to reflect where we are located in the state and the larger area we serve. With Karen Thayer (current Executive Director of SAIL) at the helm, SAIL annually saves the state of NY millions of dollars through helping people to stay at home. Through its tenure, SAIL has seen the Americans with Disabilities Act (ADA) passed and many community system changes throughout the tri-County area. SAIL plans to serve the community for many more years assisting individuals with disabilities to become independent empowered self-advocates. We will continue to work within our community to remove physical and attitudinal barriers that stand in the way of independence for years to come.

HEAP (Home Energy Assistance Program)

HEAP helps low-income people pay the cost of heating their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off. If you have questions regarding the HEAP program please call the SAIL Center at 792-3537. Eligibility and benefits are based on:

- Income
- Household size
- The primary heating source
- The presence of a household member who is under the age of 6, age 60 or older or permanently disabled

HEAP helps thousands of households in NYS.

Upcoming Events

- February 9th **VITA at SAIL**, call to schedule your appointment 518-792-3537
- February 13th 6-8 pm **Supplemental Needs Trusts Information Session**
- February 15th 10-12 pm **Supplemental Needs Trusts Information Session**
- February 16th 12-2 pm **February Luncheon** (Bring a dish to pass)
- February 16th 4:30-6:30 pm **Kid's Paint and Sip** call to RSVP 518-792-3537
- February 18th 5-7 pm **Adult Paint and Sip** call to RSVP 518-792-3537

SAIL News

SAIL Will Be A VITA Site This Spring

Tax season is upon us soon! Filling taxes every year can be stressful, but SAIL has a resource that can help. VITA is a free IRS-sponsored program to help low and middle-income workers have their federal and State personal income taxes prepared and filed electronically at no cost. SAIL will be a Volunteer Income Tax Assistance (VITA) site this year. The volunteers are highly qualified and will keep your information confidential. VITA volunteers will ensure that workers receive all the tax credits to which they are entitled, for free. Call SAIL at 518-792-3537 to make an appointment to get help preparing and filing your taxes. The appointments will be scheduled on 2/9/18 and 3/2/18 9am-4pm. Need to schedule somewhere else? There are other VITA sites too call the county you need services in: Warren County VITA: 1.800.211.5128 ext. 200, Washington County VITA: 1.800.211.5128 ext. 100, and Moreau Community Center: 518.792.6007 are three local contacts.



This year we again provided mobility-related items to make the fairgrounds more accessible and manageable for individuals with disabilities. More than 70 pieces of medical equipment were loaned out during the 2017 fair. We look forward to coming back next year!

Thank You to Everyone Who Helped Beautify SAIL's Gardens!

This summer, Southern Adirondack Independent Living undertook the task of revamping its outdoor space. This was made possible with the assistance of staff, volunteers, and several area vendors: The Lawn Care Company of South Glens Falls, Garden Time of Queensbury, Real Bark Mulch of Fort Edward, Weathered Stone Company LLC of Comstock, Julia Potvin - a local artist, and the Wiswall family. The gardens now boast a reflection area with a sitting bench, colorful flowers, a painted wildlife rock, a stone pathway, and new fresh mulch. More additions are scheduled for the garden such as an honor stone garden space, a new American flag, birdhouses, and more. In the spring, we encourage you to stop by and view our garden or take a rest in our accessible reflection area. If you would like to purchase a stone for our garden, in memory of or honor of a loved one who had received services from SAIL, please contact Michelle Hajeck at 518-792-3537 extension 1111.



Before



Reflection Area Garden After

TRAID/EI

TRAID Now Has A Written Language Translator To Lend Out

Have you ever been in school or business and have needed to understand text from a different language? Well there is a translator out there that can do just that which is the size of a small remote control and SAIL's TRAIID/EI Program has one to lend out for a short term loan or demonstration.

WorldPenScan X utilizes Bluetooth technology to facilitate the data transmission to any mobile devices wirelessly. You can scan printed material and capture words or sentences into iPad, iPhone and Android mobile devices. It lets you scan and edit documents on the go, and translate and share information immediately.

The scanned result can be immediately digitized into texts and transmitted to Win/Mac Personal Computers by USB port. It recognizes English, Japanese, Korean, French, German, Italian, Spanish, Traditional Chinese, Arabic, Vietnamese and over 20 other languages on mobile devices. It also recognizes barcodes and bank fonts on PCs. You can scan and translate sentences without typing any word. There are easy to check vocabulary, pronunciation, and extended queries in the dictionary. You can directly edit scanned data in MS office applications, Email, and browsers. So download the app and get translating! We are open Monday—Friday 8 am to 4 pm.



TRAID/EI Can Also Lend Out A Smart Pen



Need to write notes down at a meeting or are in class, but then want to digitize it on your tablet? Well, you would need a Smart Pen to do it. SAIL has this item to lend out from it's TRAIID/EI Program.

With our Livescribe™3 smartpen and mobile app, all you have to do is write down on paper and watch it instantly appear on your tablet or smartphone. Your notes become infinitely more useful when they are tagged, organized, searchable, or even converted to text. With this app and device, you can also add recorded audio that is synced with your handwriting so you can relive important moments. Quickly share ideas with friends, co-workers, and peers—all, so simply, with the tap of your finger. Stop by SAIL to check this item out. We have many different electronic items now to lend. Call 518-792-3537 to find out if we have what you need.

TRAID/EI Program To Have Barcodes On Every Lendable Piece of Equipment in Future

SAIL is working on having scan-able barcodes on all of our medical equipment. They can be used for many different kinds of necessary data collection. The location of equipment can also be tracked, reducing the time spent searching for it. A barcode scan is fast and reliable, and takes infinitely less time than entering data by hand. This will help us improve inventory control. Barcodes are the future of medical equipment lending and SAIL is using barcodes now.



SAIL Updates

Ways to Support SAIL in our 30th Year

Come, Be part of SAIL!

- **Become a member** to show your support, \$12 a year is affordable and valuable. **Advocate and Volunteer:** SAIL has opportunities to serve your community through volunteering by participating on our Board of Directors, Advisory Council, and other opportunities as they become available.
- **Attend events** and luncheons to learn more about disability issues in your community and be a part of the **SAIL Community!**

Connect on Internet and Social Media!

- “Like” us on Facebook to follow important information and receive updates on opportunities to be involved **FB.com/SAIL.helps**
- Want more? Join our Facebook Group “**SAIL Supporters**” to be sure you never miss an opportunity because it didn’t come up in your normal feed
- Make your primary online search engine “**Good Search**” and register for Good Search to send SAIL money every time you make a search on the internet (like Google).

Keep us in mind with Your Shopping!

- Do you use Amazon.com for shopping? Register with “**Amazon Smile**” and a portion of your purchase (no additional cost to you) will be given to SAIL every time you shop!
- SAIL is also registered **Pay Pal** Giving Fund and Ebay for Charity.
- Or use, “**Good Shop**” on your credit cards to make easy, NO COST TO YOU, donations to SAIL while you are doing day to day online shopping.

Join us in Celebrating Our 30th Year with some Fun Fundraising Events

(call 518-792-3537 for more information for each of these events or follow our Facebook!)

February 16 - Child Paint and Sip at SAIL! Join us for a hot chocolate bar and painting fun

February 18 - Adult Paint and Sip at SAIL!

March - “Luck of the Draw” Disney and Southwest Raffle Ticket Auction and Dining Out Options!

April 4 - Kids’ Spring Break Party

May 4-5 - ANNUAL SAIL Garage Sale

May 19 - 30th Anniversary Ball!

October - Glow Run

Make a gift!

SAIL would welcome your 30th year celebration donations or other forms of support. With major budget cuts, specifically to the equipment loan program, we are looking for support from our community to be able to meet the ongoing and growing needs of our community. Donations can be made in the form of a check or secure PayPal payment. See “Ways To Help SAIL” at SAILhelps.org for direct links or email JocelynB@SAILhelps.org for help making a donation.

Please Save These Dates For Events at SAIL in 2018

- February 16 **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 16 **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 20 **Volunteer Appreciation Luncheon**
Friday 12– 2 PM. At Southern Adirondack Independent Living
- May 4 - 5 **Garage Sale Fundraiser at SAIL**
Friday & Saturday 8 AM—4 PM on Friday and 9 AM– 2PM on Saturday.
We take donations to sell.
- May 19 **30th Anniversary Ball**
Please keep this date open to join us. You can be apprised of the details
through Facebook and our website: SAILhelps.org
- July 27 **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 21 **Fall Potluck Luncheon**
Friday 12PM—2PM. Please bring a dish to share with everyone. At SAIL
Center
- October 26 **Halloween Potluck Luncheon**
Friday 12 PM—2 PM. Please bring a dish to share.
At SAIL. Costumes are optional.
- December 14 **Holiday Potluck Luncheon**
Friday 12 PM—2 PM. Please bring a dish to share. At the SAIL Center.
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Government

What Are Action Alerts And How To Sign Up For Them

Action Alerts are announcements of very specific steps we would like you to take to help us achieve some kind of needed change in disability-related policy. For example:

- Restore or increase funding for a disability-related program, like independent living centers or home care.
- Change rules for a disability program to make services better or easier to get, like making it easier for people with disabilities to hire their own personal assistants.
- Oppose changes in disability policy that would make it harder to get services, maintain equal access, or secure basic civil rights.

Most Action Alerts are about issues happening in New York State. These usually come from the New York Association on Independent Living, (NYAIL) a state-wide organization of which SAIL is a member of, that coordinates disability issue advocacy among the Independent Living Centers in New York State. Other Action Alerts may deal with national issues, through national disability organizations like the National Council on Independent Living(NCIL). Action Alerts usually include:

1. A brief summary of what we want to happen or not to happen.
2. Background information on the issue, how it has evolved, and what the stakes are for people with disabilities.
3. Quick, simple ways that you can make your opinion known to the people responsible for the issue.

You can sign up for action alerts at <https://ilny.us/advocacy/vv-action-alerts> or call us at 518-792-3537 if you are interested in getting involved.

Please do take the time to read through Action Alerts when you see them, and respond in the best ways you can. Disability issues are often complex. Policy-makers and elected officials don't always know what works well for people with disabilities and what doesn't. It's always important for citizens to give feedback on important policy matters, but it's even more important for people with disabilities to stay actively involved in issues that are specifically about disability.

SAIL is looking for Helping Hands in an Upcoming Program

SAIL is developing a program which will assist SAIL members who are living with a disability or aging in place to maintain their independence. We have noticed that there are many persons in our community who are in need of trusted assistance around their home. STAY@Home is designed to connect SAIL members with needs to service providers who can help them.

We are in the developmental stages of this program and we are currently seeking persons who can be a helping hand for others with simple home chores or lawn care tasks. Helpers can choose to volunteer their services or earn \$12/hour. Eventually, we would like for STAY@Home to serve those who need skilled services as well, such as home maintenance, basic plumbing and limited electrical work. If you are able to provide those types of services please let us know and we will add you to our list of those who could help in the future.

In the next edition of the newsletter we will announce the rollout date for STAY@Home and provide more details for both service providers and SAIL members who could utilize those services. Please contact James Swanson at james@ sailhelps.org or 518-792-3537 ext. 1135 for more information.

Membership

If you are interested in becoming a member, please contact us here at SAIL at 518-792-3537 or 518-584-8202, 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!*

Agency Sponsors

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 Mark Shovah • Donna St. Germain • Allison Smith • Andy Susalka • Phyllis Torok • Linda Turnbull
 Marilyn Whalley • Corinne Wiley • Rita Wolfe • Debbie Wood • Sheryl Zemanek

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

Health

Falls: Are People With Disabilities at Greater Risk?

Falls are the leading cause of injury and accidental death in older adults. According to the 2008 Illinois Behavioral Risk Factor Surveillance Survey, persons with disability are at higher risk of injury from falls than persons without disability. In some persons with developmental disabilities, the degenerative changes seen in aging can occur as early as age 35. Therefore, adults with intellectual and developmental disabilities have an even greater risk for falls.

What makes a person more likely to fall?

Physical factors related to each individual can increase risk for falls. These include:

- Poor vision
- Poor balance and weak muscles
- Poor judgment in knowing the difference between safe and dangerous activities or conditions
- Medications that cause dizziness, sleepiness, and affect judgment, coordination and balance
- Osteoporosis, a disease that makes bones weak and more likely to break easily

Environmental factors also can increase fall risk. Environmental factors include:

- Slippery floors
- Loose carpets or unstable rugs
- Poor lighting
- Poorly fitting footwear
- Lack of surfaces to grab
- Seat heights that are too low, including beds, chairs and toilets
- Assistive devices that have worn tips or structural defects



What can a person do to prevent falls?

The best way to prevent falls is to make changes in several areas, including taking a look at what puts you at risk, making changes in the home, physical therapy/exercise, reviewing medication with your doctor and changing daily activities. The following are tips that may help lower the risk for falls.

Changes that can be made to the home

- Have good lighting.
- Keep stairways safe. Be sure that stairwells are well lit and have handrails on both sides.
- Keep bathrooms safe. Install grab bars beside tubs, showers and toilets.
- Keep rugs in place. Check that all carpets and rugs have skid-proof backing.
- Avoid clutter. Keep rooms free of clutter, especially on floors.

Medical changes

- Be careful to avoid things that cause dizziness.
- Have eyes and hearing tested often.

Changes in daily activities

- Use assistive devices, if needed. Use a cane, walking stick, or walker for balance.
- Keep things handy. Keep objects that are used often within easy reach.
- Wear proper shoes and clothing. Wear rubber-soled, supportive, low-heeled shoes.
- Look for differences in floor or ground levels.
- Avoid wet or icy surfaces. Spread salt, sand, or kitty litter on icy areas by doors.
- Get plenty of sleep and limit alcohol.



Additional Health Topics

What to do when open enrollment ends

It can be scary to realize you missed open enrollment and don't have the health insurance coverage you need or want. SAIL is here to help you during open enrollment and outside of open enrollment. Here are things you can still do to support your health and get the services you need.

1. You can apply for Medicaid, Child Health Plus, and Essential Health Plan year round. SAIL Navigators and Certified Application Counselors can help you figure out what you might be eligible for and how to sign up. They can also help you figure out if you may be eligible for a special enrollment period.
2. You can apply for patient assistance programs from hospitals and doctor's offices. You can apply for prescription drug coverage help from the pharmaceutical companies or coupons to reduce medicine costs. Our Community Health Advocate can help you figure out what may work for you!
3. If you have Medicare you may be eligible for Extra Help to pay for Medicare prescriptions, a Medicare Saving Plan to help pay for you Medicare Part B, or other types of assistance. SAIL's Community Health Advocate can help with Medicare questions and concerns too!
4. If you have a disability and need Medicaid, our Facilitated Enrollers are here for you to help you and your family members navigate the application process and nuances like the Spenddown Options, Supplemental Needs Trusts, spousal budgeting, and other options.

Education

The Importance of Being Part of A Critical Secondary Education (CSE) Meeting For Your Child

Parents play a critical role in the planning of educational programs for their children. In efforts to increase parental involvement, instructions were added to the Individuals with Disabilities Education Act (IDEA) that mandated active parental participation during the preparation of Individualized Education Programs (IEPs). When IDEA was reauthorized in 2004, additional parental rights were added that required the attendance of parents and every member of an IEP Team, unless both the parent and school agree to an absence and document that agreement in writing. That mandate emphasizes the importance of parental participation in educational programming for their children. Because most parents do not feel empowered to participate in the IEP process they often fail to communicate their thoughts about the source of problems that challenge their children, or to recommend solutions during Individualized Education Program meetings. If your child is being evaluated for the first time to decide whether he or she has a disability, the Board of Education *must* arrange for appropriate special education programs and services within 60 school days of receiving your consent to evaluate your child. Being prepared and taking the time to ask the right questions will help you with obtaining the services your child may need to be successful.

Questions to ask at a CSE Meeting

- How has the teacher accommodated my child's learning and behavioral needs in the classroom?
- Are there things I can do at home to support the IEP goals?
- What type of learner is my child? Does the teacher attempt to use my child's strengths while teaching him or her?
- How frequently is my child's progress monitored? What are the best ways for me to stay in touch with my child's teachers to be informed of academic or behavioral progress?
- Is my child making progress towards his or her IEP goals and the curriculum?
- If a service is not working, how can I work with my child's IEP Team to explore better services for him or her?
- What sorts of programs or other supports might help my child?
- For high schoolers - What are the graduation requirements for my child? What are the diploma objectives for my child? What progress has he or she made towards those objectives?
- Specifically, how many credits does my child have, and how many required exams has he or she passed?

By Amanda Van Tassell, MFP Transition Advocate

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**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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