

ACCESS

Issue XXXV
Early Summer 2015

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SPECIAL POINTS OF INTEREST:

- ◆ This year marks the 25th anniversary of the ADA
- ◆ The purpose of IDEA is to protect the rights of children with disabilities and to give parents a voice in their child's education.
- ◆ The Goldberg Depression test can be performed at home.
- ◆ There are new staff at SAIL.

New Programs at SAIL: ICAN & ABD

The Independent Consumer Advocacy Network (ICAN) helps people who are enrolled, or need to enroll in, managed care programs and need long-term care services (for example, home care or nursing home care). ICAN advocates provide education, navigational assistance, care coordination, and advocacy to participants in these plans, their caregivers, and their advocates. ICAN serves individuals who are transitioning into Managed Long-Term Care (MLTC) and beneficiaries of Long-Term Support Services (LTSS) in Mainstream Managed Care (MMC) Programs. SAIL's ICAN advocates provide participants in MLTC and MMC plans with direct assistance in selecting and using their coverage, understanding and exercising their rights and responsibilities, and filing complaints, grievances, and appeals.

SAIL now offers Facilitated Enrollment for the ABD Program! (A-Aged, B-Blind and D-Disabled)

Did you know that NYS Medicaid has numerous programs and services? It can be very confusing and overwhelming trying to navigate the multiple program options. SAIL offers **information** and **assistance** in applying and re-certifying for these different types of Medicaid. If you or a family member is over the age of 65, blind or disabled, SAIL can assist you in the application process for Medicaid coverage and services. SAIL has staff available to discuss the application process, assist in completing the application, and help to organize the documents needed to submit to the local Department of Social Services. SAIL staff is knowledgeable in Medicaid rules and guidelines and can offer you information on the options and choices that are available to you. SAIL staff also can discuss Supplemental Needs Trusts, Medicaid Buy-In for Working Disabled, Medicaid Excess Income (spend down), Medicare Savings Program, and Medicaid for Institutional Settings - Nursing Homes, and even more! For more information contact Shirley or Ashley @ 792-3537.

Upcoming Events

Come & Celebrate 25 years of the Americans with Disabilities Act

With SAIL on Friday July 24th from 12 pm-2 pm

With great Barbecue food. Cost is \$4 for nonmembers or free for members!

Please RSVP by Wed. July 22nd by calling 792-3537

Fall Potluck Luncheon

September 18th, Friday 12-2 pm

Please Bring a dish to share with everyone.

71 Glenwood Ave. Queensbury
Please RSVP by Wed. Sept. 16th

Call 792-3537

Government



This Year Marks The 25th Anniversary of the Americans with Disabilities Act (ADA)

This month marks the 25th anniversary of the Americans with Disabilities Act (ADA) passed in 1990. This landmark legislation paved the way for people with disabilities to gain equal access to their communities as equal citizens of this country. President Bush signed the landmark “ADA Amendment Act of 2008” into law on September 25, 2008. This was momentous news for disabled workers as the law clearly reaffirmed the intent of the original legislation by extending benefits/protections to many persons with disabilities not covered under the original legislation. Examples of persons covered under the revised act may include an airline pilot whose hearing is within normal limits with the use of a hearing aide, and a computer programmer whose major depression has been stabilized by medication. Both business and disability groups were very pleased with the bill and the fact that they compromised and collaborated on the wording of the legislation greatly reduced the number of lawsuits over its implementation. Perhaps the most positive result of the bill was that its direct and clear language potentially improved employment outcomes for workers with disabilities. A pro-labor legislation, Americans with Disabilities Amendments Act, S. 3406 (“Act”) overturned four erroneous Supreme Court decisions that had eroded the protections of people with disabilities. When the act became law, it restored the original Congressional intent.

In a statement, Nancy Pelosi, who was House Speaker from 2007 to 2011, explained that the “Americans with Disabilities Act of 1990 was intended to provide a clear and comprehensive national mandate for the elimination of discrimination against individuals with disabilities. Just as other civil rights laws prohibit entities from basing decisions on characteristics like race or sex, Congress wanted the ADA to stop employers from making decisions based on disability.” Unfortunately, Pelosi added, four U.S. Supreme Court decisions have narrowed the definition of disability so much that people with serious conditions such as epilepsy, muscular dystrophy, cancer, diabetes, and cerebral palsy have been determined to not meet the definition of disability under the ADA. The result: In 2004, plaintiffs lost 97% of ADA employment discrimination claims that went to trial, often due to the interpretation of definition of disability. People who are not hired or are fired because an employer mistakenly believes they cannot perform the job—or because the employer does not want “people like that” in the workplace—have been denied protection from employment discrimination due to these court decisions. This was not the intent of the ADA, Pelosi said.

Basically, the law:

- Overturns the erroneous Supreme Court decisions that had eroded the protections for people with disabilities under the ADA, restoring original Congressional intent.
- Rejects strict interpretation of the definition of disability, and made it absolutely clear that the ADA is intended to provide broad coverage to protect anyone who faces discrimination on the basis of disability.
- Strikes a balance between employer and employee interests.
- Prohibits the consideration of mitigating measures such as medication, prosthetics, and assistive technology, in determining whether an individual has a disability.
- Covers people who experience discrimination based on a perception of impairment regardless of whether the individual experiences disability.
- Provides that reasonable accommodations are only required for individuals who can demonstrate they have an impairment that substantially limits a major life activity, or a record of such impairment. Accommodations need not be provided to an individual who is only “regarded as” having an impairment.

The recently passed **ABLE Act of 2014**, provided for greater financial freedom for people with disabilities and their families. The Achieving a Better Life Experience (ABLE) Act eases the financial burden for individuals with disabilities by creating tax-free accounts that can be used to save for disability-related expenses. These accounts can be created by individuals to support themselves or by families to support their dependents. The bill creates tax-exempt, state based private savings accounts to fund disability-related expenses to supplement benefits currently provided by Social Security, Medicaid, employers, and private insurance. The account is treated in the same way as a qualified tuition program, such as a 529. A 529 account allows families to save money for an individual’s education without being disqualified for certain aid programs and prevents tax penalties on the money saved and any income earned from it. Expenses qualify as disability-related if they are for the benefit of an individual with a disability and are related to the disability. They include education; housing; transportation; employment support; health, prevention, and wellness costs; assistive technology and personal support services; and other expenses. ABLE accounts have no impact on Medicaid eligibility. Those receiving Supplemental Security Income (SSI) from Social Security have those payments suspended while maintaining excess resources in an ABLE account. For more on this, visit <https://www.govtrack.us/congress/bills/113/hr647#summary/oursummary>, <http://pelosi.house.gov/news/press-releases/pelosi-statement-on-americans-with-disabilities-act>, <http://www.disabled-world.com/disability/ada/employment.php>, <http://www.lawupdates.com/summary/ada-amendment-liberalizing-the-definition-of-disability-becomes-law>, or Nancy Black of NYSLC.



**THE PURPOSE OF
IDEA IS TO PROTECT
THE RIGHTS OF
CHILDREN WITH
DISABILITIES AND TO
GIVE PARENTS A
VOICE IN THE
CHILD'S EDUCATION.**

Education

Autism Spectrum Disorder

Autism spectrum disorder (ASD) is defined as a developmental disability that causes social, communication and behavioral difficulties that can often be diagnosed by age 2. ASD is diagnosed by observing a child's behavior and development.

Early diagnosis and intervention can make a difference in helping the child. Learn about the signs and common symptoms of ASD and the developmental milestones to look for to determine a child's progress as they age. These milestones might include: pointing at things, using simple gestures like clapping and waving "bye-bye," or talking, for example.

If you're concerned that your child is not meeting certain milestones for their age, talk to their pediatrician to discuss some possible next steps.

The Individuals with Disability Education Act (IDEA)

- The Individuals with Disabilities Education Act (IDEA) is a federal law that requires schools to serve the educational needs of eligible students with disabilities.
- Schools must evaluate students suspected of having disabilities, including learning disabilities.
- Not every child with learning and attention issues qualifies for special education services under IDEA.

If you think your child needs special education services, you have to follow a legal process to make it happen. This process can be confusing. It can involve several laws. The Individuals with Disabilities Education Act (IDEA) is the most important one to understand.

As the nation's special education law, IDEA provides rights and protections to children with disabilities and to their parents. Learning your rights under IDEA can make it easier for your child to get the help he needs (and is legally entitled to) at school. **If you have any questions about this, please call 792-3537 at SAIL and ask for an advocate to help.**

Tips On Interacting With People With Disabilities

These tips are for anyone—with or without a disability—who wants to interact more effectively with people.

- Ask before you help.
- Always speak directly to the person.
- Don't make assumptions. Don't make decisions for people about participating in any activity.
- Respond graciously to requests, especially about accommodations at work.
- Put the person first. Say "person with a disability" instead of disabled person or "The handicapped."

For more tips on disability etiquette, go to <http://www.unitedspinal.org/disability-etiquette/>. Also, we can answer questions for you here at SAIL. Call 792-3537 and we will answer them for you.



SAIL News

New Staff at SAIL

The Southern Adirondack Independent Living Center staff is expanding and changing. We have received new funding for new programs. Our offices have moved around a bit in the building as well. We have signs at the top of the doors so that each department can be found easier. Polly's House, next door, will have our Community Health Advocacy (CHA) program and The Money Follows the Person (MFP) program. We also have several new staff members here at SAIL. They are:

- Irene Barlow, Navigator
- Hannah Caroll, ICAN Coordinator
- Helen Charland, ICAN Advocate
- Marc Cronhimer, Navigator
- Rose Connelly, Advocate
- April Diffie, TRAIID Coordinator
- Doug Ploof, Transition Specialist for MFP program
- Ashley Schloss, Facilitated Enrollment Specialist
- April Way, Community Health Advocate

Stop by from 8 am to 4 pm Monday through Friday to meet our new staff members and to see how the offices have changed around in the building!

SAIL Membership

Southern Adirondack Independent Living needs YOU to become a member. Independent Living Centers are defined by their membership. Members help us to fulfill our mission to promote the independence, equality, and dignity of persons with disabilities. For Independent Living, membership does have its privileges. Members help each other through participation in luncheons, and other activities offered through the Center. Members share information, strategies, and successes. Members are empowered to take control of their lives, decide what is right for them, direct their own lives, and make a difference in the lives of others. Members help the Center to decide on the programs and services that are most needed for people of all ages with disabilities in our area. Members help the Center to decide what new programs and services should be offered. Members help the Center to decide when new legislation is needed to support people with disabilities. Members help the Center to decide when programs, policies, or legislation needs to be changed to better meet the needs of people with disabilities. Please show your support for Independent Living this month by becoming an active member. Just return the Membership form on page 7 of this newsletter, and your membership privileges will begin immediately.



TRAID/EI

Welcome April Diffie, New TRAIID Coordinator

Miss Diffie has over 8 years of caregiver experience; she worked at Saratoga Hospital for 4 years and Glens Falls Hospital for 4 years as a nurses aide. April most recently worked at Visiting Nurses Home Care in Queensbury before joining the staff at SAIL. Aprils' extensive experience as an aide is very helpful in our TRAIID department, allowing her to tend to consumer need efficiently and empathetically. She enjoys being able to meet the needs of individuals, and educating those in need that our services are FREE. April receives many hugs from our consumers and enjoys listening to stories of how SAIL has helped families.

April's caregiving started early as a nanny, then progressed through her life most recently taking care of her ailing Father and acting as his primary caregiver. It was a very important time of her life being able to assist him in his greatest time of need. April lives with her family in Hudson Falls.

April has great ideas for the TRAIID/EI Department at SAIL. She is working on getting things in order and organized. SAIL is richer to have found her and we are all glad she is here.

Stop by SAIL Monday through Friday anytime for 8am to 4pm to see what the loan closet has to offer. We loan equipment for 30 days and in certain cases, that loan can be extended to 60 days. Feel free to call April at 518-792-3537 x 304 with any questions.

Featured TRAIID/EI Equipment: The Early Intervention Tadpole Pediatric Positioner

The Tadpole Pediatric Positioner is used to help position a child with motor dysfunction. It is designed specifically for early intervention programs serving infants from birth to three years of age. It can stimulate the child's imagination and curiosity and it encourages children to become actively involved in their own therapy. Infants from birth to age three with cerebral palsy, motor delays or other motor dysfunctions benefit from the tadpole as an essential part of an effective therapy program. The positioner facilitates active body extension, head flexion, chest elevation and forward propping of arms for midline hand touching. Placing the log roll under the base can be used for certain activities. If the child is seated, you can use base and wedge modules together for long leg or log roll sitting. Either side of the wedge may be used depending on desired degree of upright or reclined position. You can attach the log roll to the base for side-lying to facilitate control of lateral head and trunk movements. You can also prop the base up to position the child for improved respiration. These are just a few examples of how the Tadpole can be used.

We have quite a few Early Intervention items and medical equipment to loan out. So please feel free to stop by and see what we have. Again, we are open Monday through Friday 8 am to 4 pm. You can also call 792-3537.



**WE LOAN
EQUIPMENT FOR 30
DAYS AND IN
CERTAIN CASES,
THAT LOAN CAN
BE EXTENDED TO 60
DAYS.**

Dolls with Disabilities Now For Sale

Do you have a child with a disability or know a child with a disability? Does that child ever wonder about, or want to learn more about their disabilities in general? There are now dolls available with varying disabilities. They are perfect for teaching disability awareness and children love playing with them. The newly patented Sew ABLE® dolls are 18" tall and have vinyl arms, legs and cloth bodies. They are meticulously designed from head to toe including their stylish hair, lightly "manicured" fingernails, and soft rosy cheeks. There are even dolls for boys. The New Rowdie Boy™ Doll Collection has 18 inch tall boy dolls. For more on these great dolls, visit <http://www.sew-dolling.com/default.htm>.



Sew
Able
Like Me...



Health

Depression Test That Can Be Done At Home

Many people who are suffering from depression are not aware of it. This Goldberg Depression test can be performed at home.

If you have been feeling sad or unhappy for more than just a couple of weeks and have lost interest in most of the activities you used to enjoy to the extent that your daily routines are now being affected, you could be suffering from some form of depression. There are many symptoms associated with depression. Not everyone will experience the same symptoms with the same degree of intensity. Consequently, diagnosing and treating depression can be problematic as it is important to rule out other possible causes of the symptoms such as an underlying medical condition, substance abuse, or normal responses to life experiences like bereavement, that of course will result in feelings of sadness and despondency but which are not considered true depression.

One way of finding out if you could be suffering from depression is to take a depression test. Depression tests are often used by health professionals to assess whether depression is indicated, and if so, how severe the depression might be.

There are many tests available but one of the most popular is the Goldberg test.

The Goldberg Depression Test:

The Goldberg Depression Test was developed by psychiatrist Ivan K. Goldberg who worked as a psychiatrist in New York for many years. The test for depression of 18 questions, each of which are answered by the individual using a sliding scale of responses based on how they have felt during the previous week.

This test can also be useful to check periodically to see if the symptoms of depression are improving or getting worse as any change of 5 points or more in either direction is considered to be significant.

Assign points to each question:

Not at all (0) A little (1) Somewhat (2) Moderately (3) Quite a lot (4) Very much (5)

Once all the questions are answered, the scores are added up to give a final score and an indication of whether depression is likely.

Depression Test Questions:

- I do things slowly
- My future appears hopeless
- It is hard for me to concentrate on reading
- The pleasure and fun has gone out of my life
- I find it hard to make decisions
- I have lost interest in things that used to be important to me
- I feel unhappy, depressed and sad
- I feel agitated and unable to relax
- I feel tired
- It takes a lot of effort for me to do simple things
- I feel guilty and I deserve to be punished
- I feel like a failure
- I feel numb and lifeless, more dead than alive
- My sleep is disturbed; I'm sleeping too much or too little
- I spend time thinking HOW I can commit suicide
- I feel trapped or confined
- I feel depressed even when good things happen to me
- I have lost weight or put it on without being on a diet

Scoring on the Goldberg Depression Test

If your score was less than 9 then depression is not indicated.

Between 10 and 17 - possibly some minor depression

Between 18 and 21 - maybe on the verge of depression

Between 22 and 35 - minor to moderate depression indicated

Between 36 and 53 - moderate to severe depression possible

Over 54 - possibly suffering from severe depression.



Conclusion:

It's important to remember that no test, no matter how good it is, can give you a reliable diagnosis.

If you think you or someone close to you are experiencing symptoms of depression then you should seek professional advice either from a PCP or other health professional for an accurate diagnosis and appropriate help.

Your PCP will be able to discuss symptoms with you in much more detail and will be able to identify other factors that might be influencing how you are feeling.

Once an accurate diagnosis is made, treatment options can be discussed that will help get you back to how you used to be.

From – <http://www.disabled-world.com/artman/publish/depression-test.shtml>

Support Groups

MS Support Group (Night and Day)

4th Thursday of every month (Day)

11 am–1 pm

2nd Tuesday of every month (Night)

7–9 pm

*To confirm date, call Lou Ann at 793-9506

At Southern Adirondack Independent Living
71 Glenwood Ave. in Queensbury

RI Discovery Support Group

Learn a simple set of living skills to help manage Stress, Anxiety, Lowered Feelings, Tension, Worry, Fears, Helplessness, Hopelessness, Anger or Panic

Every Tuesday from 3 to 4 pm

At SAIL

You are not alone...



Survivors of Suicide Loss Support Group

Survivors of Suicide Loss Support Group

The first Wednesday of every month

@ 7 pm at SAIL

Suicide touches the lives of many: family, friends, co-workers, classmates. We offer a safe healing environment for you to share your experience, to offer support, and be supported by others who understand suicide loss.

Contact person is Amy Molloy: aemolloy5@yahoo.com

or call 281-636-0684

Support Groups are Independent, the American Foundation for Suicide Prevention provides training for facilitators.

“Caring For Ourselves” Caregiver Support Groups

11 AM–12 PM

At The Glen at Highland Meadows
39 Longview Dr.

Queensbury, NY 12804

Thursday July 16th

Facilitator: Susan

5:30–6:30 PM

At High Peaks Hospice
79 Glenwood Ave.

(Elevator to 2nd floor)

Queensbury, NY 12804

Thursday July 23rd

Facilitator: Dianne

For more information: 1-866-805-3931

TOPS (Taking Off Pounds Sensibly)

Nonprofit, weight-loss support and wellness
education organization.

Every Thursday Night from 5 pm to 8 pm

At SAIL, 71 Glenwood Ave., Queensbury

Traumatic Brain Injury (TBI) Support Group

A service of Support Link, Inc. and the Rehabilitation Centers of
Glens Falls Hospital

When: The First Thursdays of Each Month *Except Holidays

Time: 4:30 to 5 :30 pm

Where: Support Link, Inc.

667 Bay Rd., Suite 2B

Queensbury, NY 12804

For more info, call Support Link at 798-2972 ext. 303

Membership Benefits

(All memberships include these benefits.) It's 12/yr.

Your membership counts. It allows us to help others in need in our community.

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Free Make Your Own Workshop 2. Members Only Events 3. Member Discounts 4. Use of fully accessible building for events as available 5. Invitation to annual membership meeting 6. A Right to run for a position on the Board of Directors 7. An opportunity to vote for board members | <ol style="list-style-type: none"> 8. Opportunities to connect with members of the disabled community 9. Information on disabilities and services 10. Information on technology and supports for individuals with disabilities 11. Notification of area special events accessible to individuals with disabilities 12. Recognition in the newsletter |
|---|---|

**SOUTHERN ADIRONDACK
INDEPENDENT LIVING**

71 Glenwood Avenue
Queensbury, NY 12804
(518) 792-3537
Fax: (518) 792-0979
TTY/TTD: (518)792-0505
Email: sail@sail-center.org
Website: sail-center.org
418 Geysler Rd.
Ballston Spa, NY 12020
Phone: (518) 584-8202
Fax: (518) 584-1195
TTY/TTD: (518) 584-4752

Name _____	<input type="checkbox"/>	\$12.00	Individual
Address _____	<input type="checkbox"/>	\$20.00	Family
Phone _____	<input type="checkbox"/>	\$50.00	Partner
Email _____	<input type="checkbox"/>	Over \$50.00	Donation - Honorary
Date _____	<input type="checkbox"/>	\$100.000	Sponsor
<input type="checkbox"/> Cash	<input type="checkbox"/>	\$250.00	Organizational Member
<input type="checkbox"/> Check	<input type="checkbox"/>	\$500.00	Sustaining Member

Thank You Very Much to Our Members

If you are interested in becoming a member, please contact us here at SAIL-792-3537 or 584-8202 or email us at sail@sail-center.org. It's \$12/yr.

Sponsor Members

- Adirondack Dental Implant Center
- Gary Banta & Raymond Butler
- David Bogue & Margaret Foote
- Tim & Jackie Dunn
- Glens Falls Printing
- Bruce Lanphear
- Mannix Marketing
- Neighbors NY Inc.
- Ann Parker
- PEPE Productions
- Nancy Tennyson
- The Chronicle
- Barbara & John Tremblay
- Visiting Nurses of Albany
- Warren Tire/Carolyn Kellogg
- WILCENSKY & PLEAT

Honorary Members

- John & Michelle Logan
- Richard Myette

Partner Members

- Glens Falls Animal Hospital, LLP
- Mr. & Mrs. John Sobing

Family Members

- Abraham & Janet Abbott
- Jeff Adams
- The Boire Family
- Dennis Brower
- Joyce Brown
- Patricia Byrnes
- Candace Celani
- Irene Consolagio
- Rose Mary Deso
- Bernard Gregory
- Lloyd Hammond & Kathy Rawlin
- Le Roy Harrison
- Josephine & Chelsea Hayes
- Lou Ann & John Holt
- David & Mary King
- Nancy LaFlure
- Julie Leonelli
- Elizabeth Markwith
- Amy Merchant
- Lois Morehouse & Ed Hockenberry
- & Anthony Hockenberry
- Jim & Pat Porter
- Melvin Rios
- Angela Rowley
- Fredd Senser-Lee
- Robert & Bonnie Sharp
- Francis Smith & Family

Individual Members

- Abigail Adams
- Stewart Allen
- Jo-Ann Baccari
- Lillian Beswick
- David Bogue, Jr.
- Patricia Bonomo
- Jean Bradford
- Stephen Chagnon
- Karen Corlew
- Cindy Cutler
- David Daniels
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- Anne Klein
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- Karen LaBarge
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- Elizabeth Mainville
- Marie Markowitz
- Evelyn McCarthy
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- Helen Pearl
- Eleanor Pearson
- Betty Jane Preston
- Dianna Reed
- Helene Rudnick
- Jim Ruggles
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- Cody Russell
- Carol Santo
- Mark Sexton
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- Mark Shovah
- Jo Ann Sigismondi
- Donna St. Germain
- Jenifer Stimpson
- Susan Sweet
- Roy Waddell
- Jane Welch
- Marilyn Whalley
- Corinne Wiley
- Rita Wolfe
- Debbie Wood

Southern Adirondack Independent Living
71 Glenwood Ave.
Queensbury, NY 12804



SAIL

SOUTHERN ADIRONDACK
INDEPENDENT LIVING

Southern Adirondack
Independent Living (SAIL)

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SAIL is on
facebook
There is good information there.



SAIL

SOUTHERN ADIRONDACK
INDEPENDENT LIVING

Mission Statement

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