Save the Date For Our Annual Autumn Social Fundraiser on Friday 10/21/16

Please save the date for SAIL’s Annual Autumn Fundraiser Social. It will be held on Friday October 21st at the beautiful Hiland Country Club at 5:30 PM at 195 Haviland Road in Queensbury, NY. We will be having raffles (Basket and 50/50), silent and live auctions, and great music by The Just Looking Band, a 4 piece band playing Rock and Roll, Dance & Party Band, for dancing and entertainment. Fundraising is important to SAIL to continue to provide multiple services and we hope that you will be able to attend. Your attendance is a way to support SAIL, socialize, get some great items, and have a good time. Call 792-3537 for more details or email SAIL@SAIL-helps.org for ticket information. The Autumn Social Ticket prices are: Not-Yet Members $60/$110 Couple and Member Prices $50/$90 Couple. Remember, it is a fundraiser. It will also be a lot of fun and we hope to see you there!!

Upcoming Events

Autumn Social Fundraiser
Friday October 21st at 5:30 pm
Please save this date for our Annual Autumn Fundraiser at The Hiland Country Club in Queensbury.
We’ll have dinner, dancing, and auctions. Call 792-3537 for tickets.

Halloween Potluck Luncheon
Friday October 28th
12-2 pm
Please bring a dish to share.
Costumes are optional.
At SAIL Center
RSVP by 10/26/16—Call 792-3537
Several stories in the media and the general public’s assumptions have linked youth suicide directly to frequent bullying. This is not always the case and could hinder efforts to effectively deal with bullying.

How often does suicide occur and what causes it?

Suicide is the third leading cause of death among 15- to 24-year olds. 15% of high school students seriously considered suicide in the previous 12 months, and 7% reported making at least one suicide attempt in the previous year (Centers for Disease Control and Prevention [CDC], 2009). According to the CDC (n.d.), “a combination of individual, relational, community, and societal factors contribute to the risk of suicide,” including a family history of suicide or child maltreatment, a history of mental disorders (especially depression) or alcohol and substance abuse, feelings of hopelessness, impulsive or aggressive tendencies, isolation, loss, physical illness, local epidemics of suicide, and easy access to lethal methods.

There Are Some Connections Between Bullying and Suicide

- Kids who are bullies or are bullied or both are more likely to be depressed than those who do not partake in bullying. They are more likely to have higher suicidal thoughts and have attempted suicide. This does not mean, nonetheless, that bullying causes suicidal thoughts and conduct.

- Kids who bully and are bullied by others (bully-victims) are at the greatest risk for suicidal thoughts and actions.

- Depression may serve as a significant connection between bullying and suicidal thoughts or actions, but researchers have discovered that high school students who went through bullying and also had mental health problems like depression or suicidal thoughts, became more depressed, had substance abuse issues, and were functionally impaired or thought about death by suicide for many years after the fact. This happened more than high school students who were involved with bullying, but didn’t have mental health concerns.

Concerns:

Because the media and general public may link bullying behavior directly to cases of student suicide, leaders in the community suggest that you:

**Explain and reinforce that suicide is a complex issue** and that there are many individual, relational, community, and societal factors that may contribute to a youth’s risk of suicide. **Reinforce that suicide requires a comprehensive prevention approach.** School personnel and other adults who actively work to prevent bullying, who are watchful for possible bullying, and who work quickly to stop bullying are taking logical steps to help prevent bad outcomes for children and youth, including suicide. However, bullying prevention efforts do not, in and of themselves, constitute comprehensive suicide prevention efforts. You can find out more information regarding warning signs and risk factors at: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org), **Help can also be found at** [https://afsp.org/](https://afsp.org/) [http://www.stopbullying.gov/get-help-now/index.html](http://www.stopbullying.gov/get-help-now/index.html) or [http://www.mdjunction.com/forums/bullying-discussions/general-support/3475645-24-hour-bullying-hotline-new-york](http://www.mdjunction.com/forums/bullying-discussions/general-support/3475645-24-hour-bullying-hotline-new-york) at 212-709-3222

- The National Suicide Prevention Lifeline is 1-800-273-TALK (8255)
- Glens Falls Youth Center: (518) 793-5932  60 Montcalm St., Glens Falls, NY 12801
- The Rose House in Glens Falls & peer support Warmline: (518) 502-1172 (Short Term Crisis Respite)
- SAIL offers Peer Counseling services as well; Contact Peter Welch at 792-3537 ext. 327.
SAIL News

SAIL Hosts the 1st FEMA CAG Meeting

You might ask what is a CAG meeting? FEMA developed a Core Advisory Group concept in order to join local Emergency Management Services and Individuals with varying disabling conditions to discuss and plan for possible problems in responding in a disaster or emergency situation. This Core Advisory Group will work in partnership together to discuss possible barriers, assist in education of systems and individuals, and allow for a better understanding of making all aspects of our community more accessible. (Especially in the midst of an Emergency situation.) Being prepared and educated is the key to having successful outcomes. SAIL believes this is a very important aspect and appreciate the representatives from Warren, Washington and Saratoga Counties attendance. The next CAG meeting will be held on September 13th at 1PM at the SAIL office located at 71 Glenwood Avenue, Queensbury, NY 12804. If you are interested or have questions or concerns, please feel free to contact Shirley or Lynn at SAIL - 518-792-3537. CAG meetings will always be held in an accessible location and if you need any special accommodations please let us know!

SAIL is Newest Recipient of the Hannaford Reusable Bag Program

We have some very exciting news! The Hannaford Supermarket located on Bay Road in Queensbury has chosen SAIL as the latest beneficiary of the Hannaford Helps Reusable Bag Program! This means for the entire month of September every time anyone purchases the blue reusable bag with the good karma message at the Queensbury Hannaford we receive $1! This is truly a great opportunity for us and an easy way for you to show your support for SAIL! Please go to the store, find the reusable bag rack and buy a few bags! And remember to spread the word – the more bags purchased, the more support for the programs that SAIL offers within our community.

Thank You to Queensbury High School Students Who Helped Us

SAIL wishes to thank Queensbury High School Seniors for their tremendous efforts in helping us with 2 projects at our office. Through their Senior “Give Back” day, Caleb Cross, Alex Hohman, Hannah Arehart, Josh Morris, Zach Backus, John Hartman, Dylon Chirgwin and faculty support member Tim Ciampa helped stain our back deck and paint the railings at Polly’s House, our building next door. (See the before and after photos below) Thanks again!

![Back Deck Before](image1)

![Back Deck After](image2)

![Polly’s House Next Door](image3)

![Railings Being Painted](image4)
You’re scrolling through Facebook and you see, over and over again, picture after video of Donald Trump and Hillary Clinton. You’re thinking, “Why do I care? I’m not even going to vote.” Well, first of all, if you live in the United States, whoever gets elected might significantly impact you. Just imagine living in a country where your opinion actually matters and you can actually choose who you want to be the commander-in-chief. Luckily, we have that luxury.

This year’s presidential election, in my personal opinion, is probably one of the most important. Not being apart of the election would be a great mistake. If you’re a citizen, have 30 minutes of spare time and want to help make a difference in your country, you should probably consider voting.

2016 could be the year Hillary Clinton becomes the first woman president. Donald Trump could also become our president. So, if you have some slight idea on what you are passionate about, or what candidates you like or dislike, then vote based on those ideas.

It’s easy to feel like your vote doesn’t have a voice in a country of millions of people, but if everyone had that mentality no one would vote. This generation has the opportunity to change the face of politics and bring out more voters than any other year. We have the opportunity to choose who we believe is most fit to run our country, and you could be the difference between a horrible president over a great one.

People have strong feelings on these candidates; we could see Democrats voting for a Republican candidate if they’re not happy with the Democratic nominee, or we could see Republicans vote for a Democrat to avoid voting (theoretically) for a Republican. This mentality can change the whole face of the presidential election. Going out and voting for the candidate you want, and the ideas you best relate to, can help you avoid throwing away your vote based on who you dislike.

If you decide not to vote, you are only hurting yourself. The President actually has a lot of influence in our country. I know: shocker, right? Your vote has a voice (whether you believe it or not), and when it’s combined with millions of others it can have a great impact.

My point is this: don’t miss out on voting because you fear not being heard, or because you're too lazy. And don’t throw your vote away based on who you dislike. Vote to make a difference. Vote for what you believe in and who you believe can get what you want done.

When you’re tired of scrolling through videos and seeing articles and hearing about the candidates, just remember: We are the future generation. Look around. One of these people may be the future president, or a Supreme Court Justice.

Everything that we decide in this election will have an impact on the rest of our lives. We are lucky enough to live in a country where we get to have a voice and a vote that makes a difference – so if for no other reason, vote for those who can’t. The cutoff date to register for the General or Presidential elections in New York is October 14th. By Erin Pemberton - https://www.theodysseyonline.com/why-it-is-so-important-to-vote-in-this-years-presidential-election

New For 2016 Election: SAIL Can Help With Absentee Ballots

SAIL staff will be available Monday October 17th and Tuesday October 18th to assist individuals who may need help filling out their absentee ballots for the November 8, 2016 Presidential election. The ballots will be completed with the assistance with 2 staff members in a confidential setting. Please call Lynn or Shirley at 792-3537 for further information.
TRAID/EI

TRAID Was Able to Help The Double H Ranch With Equipment Loans

SAIL was lucky enough to be able to loan some medical equipment to The Double H Ranch Hole in the Woods Camp which was co-founded by Charles R. Wood and Paul Newman. The camp provides specialized programs and year-round support for children and their families dealing with life-threatening illnesses. All programs are FREE of charge and capture the magic of the Adirondacks. Sail let them borrow:

8 Semi-electric Hospital Beds
4 Hoyer Lifts
1 Recliner

TRAID/EI Has New Early Intervention Animal Switch Toys

Pediatric stimulus reward switch toys, also called special needs toys, stimulate a child’s sensory and motor skills for healthier development. There are a variety of actions and sounds different toys make when activated. Some talk, walk, and make animal sounds, some have light show effects and patterns when triggered, some play songs when activated. SAIL has 5 animal switch toys to loan. Feel free to stop by any time between 8am and 4pm Monday through Friday to borrow one.

TRAID At The Washington County Fair

Southern Adirondack Independent Living was at The Washington County Fair recently which ended August 28th. At the Washington County fair, SAIL had a table for people to stop by and learn about our organization and the many wonderful services we provide to the community. Many people did stop by and we also lent out medical equipment. People stopped by to thank us for what we do in the community, to say hello and chat, and to learn about our services to the community. Being at the fair was great outreach for us and we plan to continue to provide equipment for people with disabilities in the future as well. The wheelchairs, rollators, canes, and walkers helped may people enjoy New York’s number 1 agricultural County Fair. They brought together the best of everything, entertainment, 4-H Displays, food, music, great rides and more animals than anywhere else. They truly had something for everyone. For over a century the Washington County Fair has been an important part of our community, our youth, and our future. It has been changing along with our world; remembering the old and offering the new.
Health

Chronic Pain Can Be Prevented Instead of Being Addicted to Opioids

Take a proactive approach to your own health care.

The real reason for more opioid use is not about addiction, it’s about chronic pain.

There are huge efforts going on to prevent other major health conditions, however, preventing chronic pain seems a mystery, disregarded by most people, overlooked by the health care system and ignored by people in the science community at large.

Chronic pain is a real thing that everyone seems to disregard, but it should be addressed and prevented.

The Institute of Medicine (2011) and the National Pain Strategy (2016) state that chronic pain conditions are the No. 1 reason for the use of opioids, the No. 1 reason for seeking care, the No. 1 cause of disability and the No. 1 driver of health care costs — costing more than cancer, heart disease and diabetes. It costs the United States alone over $700 billion in health care and lost work. This is equivalent to 25 percent of total health care costs and nearly 5 percent of the U.S. total gross national product.

How much chronic pain makes us suffer, such as not being able to function, disability, depression, addiction, overdoses and more is immeasurable.

This agency feels that if we want to lessen opioid addiction and overdose, we have to really look at what causes it and try to prevent chronic pain. Pain problems in the back, neck, head, and other areas are caused by physical disorders of the muscles, joints, nerves and other tissues that may have come about by an injury or strain and then may continue due to routine risk factors that affect the nervous system. Straining your body repeatedly, stress, sleeping poorly, bad posture, depression, and other things can prevent you from recovering from chronic pain.

We really have to try to prevent chronic pain. We spend so much money on medications, surgeries, and other treatments that don’t work long term because there is no education on how to prevent chronic pain, how to manage risk factors and use more protective measures.

The Institute of Medicine states that the primary role of the health professional in caring for chronic pain requires guiding, coaching and assisting patients with day-to-day self-management, in addition to evidence-based medical treatments. However, most health professionals lack the time to perform this role and find little support and reimbursement for doing so. They rely on the patient to do so, but this often does not get done.

The overuse of opioids is a consequence of this.

We have to educate health care workers and patients on how to take preventative measures so that addiction doesn’t happen. There is a huge open ended online course named titled “Preventing Chronic Pain: A Human Systems Approach” (www.coursera.org/course/chronicpain). This free course is for people who want to learn how to prevent chronic pain and opioid addiction. It can be very helpful and interesting. Health care should use these methods in their treatments.

Patients can now not be passive and dependent, but empowered and involved. They can be educated on how to be preventative of their chronic pain, less addicted to medications and can help make their lives better and less painful. It can also reduce health care costs if chronic pain is reduced. Ask your doctor what you can do to prevent your chronic pain. In physical medicine and rehabilitation, certain exercises can sometimes be given to you for this very purpose. It’s time to take control of things and be proactive. This can work.
Membership

Your Membership to SAIL is two-fold: you become part of a vital organization, and your support builds a more solid foundation for stability. Please consider becoming a member. All memberships last year from the date of signup or renewal. It is a great opportunity to become a greater part of a wonderful organization. The benefits are:

- Membership in the Independent Living Community
- Free Make your Own Computer Workshop
- Notification of Special Events
- Free Access to Member-Only Events
- Discounts for Agency Events
- Participation in Advisory Councils
- Participation in System Change Activities
- Consideration for a Position on the Board of Directors
- Ability to Vote for Members of the Board of Directors
- Ability to Make a Difference in Your Community
- Recognition in the newsletter

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Thank You Very Much To Our Members

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 fill out form above, and send back to us. The check can be made out to SAIL. SAIL greatly appreciates your much needed support!

Sponsor Members
Adirondack Dental Implant Center
Gary Banta & Raymond Butler
David Bogue & Margaret Foote
Ellen & Paul Connors
Tim & Jackie Dunn
Glens Falls Printing
Bruce Laphare
Mannix Marketing
Neighbors NY Inc.
PEPE Productions
Francis & Joanne Smith
The Chronicle
Visiting Nurses of Albany
WILCENSKY & PLEAT

Honorary Members
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Partner Members
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John & Louise Sobing
Phyllis Torok

Family Members
Jeff Adams
The Boire Family
Joyce Brown
Patricia Byrne & Family
Phillip & Rhoda Corbett
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Rose & Francis Germain
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Tenly Gregorio & Isaiah & Christopher Brumm
Lloyd Hammond & Kathy Rawlin
LeRoy & Rose Harrison
Josephine & Chelsea Hayes & Bernard Gregory
Lou Ann & John Holt
David & Mary King
Kimiko & Mikiko Kurosaka
Nancy, Brian & Tina LaFlure
Julie & Rick Leonelli
Lois Morehouse & Ed & Tony Hockenberry
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Hal & Deanna Payne
Pat & Jim Porter
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Angela Rowley
Robert & Bonnie Sharp
June & Mark Talley
Robert & Beverly Whitmore

Individual Members
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Nichole Dumont
Richard Fairchild
Ada Fisher
Zoe Fitzgerald
Edward Foote
Michaela Frisk
Wilbur Forrest
Patricia Hohman
Philip Jessen
Anne F. Klein
June Krause

Independent Living Award Nominee Individual Members: Quintin Ciccolella, Lauren Finamore, Jammie Knowlton, Silvya Levesque, Robbie La Fountain, Jessica Lewry, Cassidy Morganstern, Kory J. Portier, Dylon Woford
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**Mission Statement**

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