Annual Garage Sale Fundraiser To Benefit SAIL

Southern Adirondack Independent Living is hosting its annual Garage Sale Fundraiser this spring on May 13th from 8 am until 4 pm and on Saturday May 14th from 9 am until 2 pm. We may also have a fill a whole bag for a small amount of money deal on Sunday May 15th. We take donations from you to sell to us, our consumers. If you would like to help us, you can do so by dropping off your sellable items on Wednesday and Thursday March 11th and 12th from 8 am to 4 pm then come back and shop on Friday and/or Saturday. This way we will have the room to organize and prepare what is given to us to sell. By the way, we thank you very much for your donations that we receive to benefit SAIL. This is an important fundraiser for SAIL.

We generally have some enticing items out front to draw people in. However, we will also have many wonderful items inside the building to check out too. With prices you will find at quite a discount, there is usually a good variety of items as well.

So come and visit us to see what we will have and shop the great deals that we always have every year. You won’t regret stopping by. There is usually something for everyone. Last year we had golf clubs and other sports items along with clothes, bags, and cooking materials accompanied by movies, books and many other items that appealed to many different people. Come check us out in May!!!

Upcoming Events

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<td>Garage Sale Fundraiser for SAIL</td>
<td>Friday May 13th from 8 am—4 pm</td>
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We are now accepting donations to sell to benefit Southern Adirondack Independent Living.

“One Man’s Trash Is Another Man’s Treasure.”

Americans With Disabilities Act (ADA) Barbeque

Friday July 22nd from 12 am—2 pm

We will have great BBQ food to eat at SAIL.

$4 for Non-Members

Members of SAIL eat FREE!

To become a member, see information on page 7
The Warren Washington County Rose House is 100% non-profit peer-operated short-term crisis respite that is open and accessible 24 hours a day, 7 days a week, 365 days a year. Rose House is designed to:

- Prevent people from going to the hospital emergency room for psychiatric reasons;
- Help people to learn how to better manage and work through emotional distress so that they can prevent potential future crises;
- Encourage people to be healthy throughout their whole lives (mind, body, spirit, community);
- Help people to feel less alone as they share their personal stories with people who have had similar experiences;
- Help people to build on their strengths (skills, knowledge, accomplishments, resources) to deal with crises;
- Provide people with information about alternative approaches to mental health care (incl. self-help, diet and nutrition, expressive therapies, yoga, relaxation & stress reduction techniques, etc.);
- Inspire people to achieve positive changes in their lives;
- Help people to learn about different coping skills to deal with life’s stressors; and
- Inspire people to use alternative methods, instead of the hospital or acute care services, if a crisis should ever recur. Peers are very well trained and can help with the WRAP program. The Warren Washington Rose House is in contact with the East Side Center, Liberty House, Conifer Park, Baywood, and other organizations locally. If you are in crisis, you can stop by. There are three beds and there is a short screening process. You must be 18 years old and a non sexual offender. They have a van to take you to doctor’s visits, or get medications. There is also a warm line (502-1172) to call. You can stay 5 days and 4 nights to avert crisis. Call 502-1172 for more information, especially if you would like to stay. Again, it’s main function is that it’s a hospital diversion service that is a self referral short-term stay residence. It’s a service of PEOPLe, Inc.

Why should you enroll in a health plan through NY State of Health? There are many reasons to enroll in health insurance and NY State of Health makes it easy to shop for and enroll in comprehensive, low cost coverage. There are many health plans to choose from. You can get help from a trained assistor. And, you may qualify for free coverage or for help paying for your coverage.

What kinds of plans does NY State of Health offer? NY State of Health is the place to shop for and enroll in Medicaid, Child Health Plus, the Essential Plan, and Qualified Health Plans.

When can I enroll? When you can enroll depends on which program you are eligible for, which is based on age, income and other factors. Enrollment is open all year if you are eligible for: *Medicaid, *Child Health Plus *Essential Plan. You can enroll in a Qualified Health Plan during the annual Open Enrollment Period, or a Special Enrollment Period, if you are eligible. American Indians and Alaskan Natives can enroll anytime during the year for any NY State of Health program.

What is an Open Enrollment Period? An Open Enrollment Period is a limited time of year – usually November through January – when you can enroll in a Qualified Health Plan. If you do not enroll during these months, you will need to wait until the next Open Enrollment Period. There are some exceptions. You may be able to enroll in a Qualified Health Plan outside the Open Enrollment Period if you are eligible for a Special Enrollment Period. The time of year when you can enroll in a health plan depends upon the type of health plan you are eligible for.

What is a Special Enrollment Period? A Special Enrollment Period is when someone has a special life event (called a “Qualifying Life Event”) that makes it possible for them to enroll in or change their coverage through a Qualified Health Plan outside of the Open Enrollment Period. How will I know which program I am eligible for? There are three easy ways to find out if you are eligible for health coverage: *Apply on-line at nystateofhealth.ny.gov, *Call the Customer Service Center at 1-855-355-5777, or *Meet with an in-person assistor. Visit nystateofhealth.ny.gov for more information or talk to our navigators here at SAIL. If you have any questions to be answered, call 792-3537. We can help. You can also call 1-855-355-5777 or TTY – 1-800-662-1220.
In March 2016, South Glens Falls High School once again held their incredibly successful Dance Marathon, for which SAIL was an enthusiastic and grateful recipient. SAIL was also a beneficiary in 2015 and recently purchased items to loan under the Early Intervention (EI) part of the TRAID program. These items are loaned for use by children aged three and under who have a disability. These items can be borrowed by families, agencies, schools, physical therapists or any other support person of a child consumer. Loans are typically 30-60 days, but can be extended on a case-by-case basis. Just like our medical devices, the concept of the loan has multiple values – (a) Offers immediate use of the item requested; (b) Gives ample time for consumer to try the item and make sure it works correctly for their specific need; and (c) If consumer should need or want ongoing use of the item in question, SAIL can offer assistance through Advocacy to see how the item might be obtained. Below are just some of the nifty items recently purchased, along with a photo and description of its use.

**Tumble Forms Ready Racer:** Ready Racer is a pre-wheelchair pediatric mobility aid that combines high-performance wheelchair handling with sports-car styling. It will improve perceptual-motor skills, strengthen the arms and upper trunk and allow the child to play at peer level. Designed for indoor use, the Ready Racer maneuvers in tight places, moves easily over carpet and rough surfaces and requires minimal arm strength. The lightweight Ready Racer is light-weight and easy-to-clean. Other features include: an ergonomic seat with 15 degree knee flexion and 90 degree seat-to-back relationship; pneumatic tires and a front swivel caster for smooth ease of steering; leg and trunk supports; low-front design for easy self-transfer; 45 degree hip strap belt. Ready Racer is recommended for children age 18 months to 5 years (approximately 43" 110 cm tall). It has a weight limit 55 lbs. (25 kg). The lightweight Ready Racer is light-weight and easy-to-clean. Other features include: an ergonomic seat with 15 degree knee flexion and 90 degree seat-to-back relationship; pneumatic tires and a front swivel caster for smooth ease of steering; leg and trunk supports; low-front design for easy self-transfer; 45 degree hip strap belt. Ready Racer is recommended for children age 18 months to 5 years (approximately 43" 110 cm tall). It has a weight limit 55 lbs. (25 kg).

**Creepster Crawler:** The Creepster Crawler assists children with crawling when this activity cannot be achieved independently. Instead of a caregiver (or two) trying to support the child’s arms, legs, head and trunk, the Creepster Crawler does this with a seven-point harness. This frees the caregiver to encourage the child to crawl. Crawling is an important step in development. When a child is on his/her hands and knees, the arm and leg joints, muscles and connective tissues receive feedback (proprioceptive feedback) to let the brain know where the body in space which helps stabilize the joints. Crawling also helps to build muscles in the arms, legs and trunk. It is also the precursor to walking since you move your arms and legs with the same pattern as you do for walking. Giving a child the ability to move independently helps improve self-esteem and motivation. Use the Creepster Crawler on a smooth surface at home, inside or outside, to promote independence, work on muscle strengthening and training. It’s also a great therapy tool as well. The Creepster Crawler can support the child on his/her hands and knees while the therapist/caregiver works on encouraging the child to reach for objects, weight-shifting and increasing head control.

**Cuddly Cousins & Switch Kit:** This is a set of five plush animal switch toys including a piglet, kitten, monkey, Shih Tzu & Chihuahua. The kit also includes five distinctly different switches, which are all interchangeable! The animals are cute and the switches offer different tactile sensations for enhanced sensory interaction. **Alphabet Sound Puzzle:** This is a wonderful tool to learn the alphabet through shapes and sounds! This classic wooden puzzle teaches children the alphabet as they fit cutout wooden letters into their corresponding slots. Colorful pictures that begin with each letter are hidden beneath each puzzle piece to encourage vocabulary development. Lift up the T to find all kinds of turtles. Put it back in the slot and the board says, ”T is for Turtle!” Alphabet puzzles reinforce letter identification, letter sounds, small motor skills, and cause & effect relationships!
Many are not aware of what we do at SAIL. Here are the services we provide here. We have:

Navigators
SAIL Navigators provide local, in-person assistance to explore and enroll in health insurance plans to individuals and small businesses including Medicaid, Child Health Plus and Qualified Health Plans. All plans are accessed through use of the NYS Department of Health Marketplace website. The Navigator program also provides education on the Affordable Care Act (ACA); helps individuals know and understand enrollment eligibility deadlines and clarifies terminology in determining qualifying events (job loss, divorce, birth of a child, etc.).

Resource
SAIL provides the information and resources needed to overcome barriers to community living. SAIL HELPS with resources for:
- The Americans with Disabilities Act (ADA)
- Legal Rights
- Reasonable Accommodations
- Independent Living Skills Training
- Long Term Care Planning

Advocacy
Advocacy is a service which provides the core elements of Independent Living Centers. These include system and individual advocacy, information and referral, peer counseling & mentoring and independent living skills training. Additional services include benefits and entitlement advisement, architectural barrier consultation, and community education concerning issues or questions regarding disabilities. Individual Advocacy is provided to support individuals in understanding and exercising their personal rights. Systems Advocacy is provided to overcome physical, programmatic, legislative and communication barriers to services and programs.

Through our Advocacy programs, SAIL HELPS with:
- Advocacy Services related to local, state or federal programs including:
  - Health Insurance, Medicaid, Food Stamps, Social Security, Housing & Transportation
  - Accessibility for private and public programs and services
  - Benefits Assistance including: SSA, SSI, SSDI, NYS Disability, Worker’s Compensation, VA Benefits, SNAP, TANF, and Public Assistance
- Accessibility for private or publicly owned properties.

Transition Waiver Programs
SAIL Transition Programs provide assistance to people with disabilities and their families when they are faced with significant life changes and choices.

Through our Transition Services, SAIL HELPS with transitions from:
- Pre-School to School, School to Adult Services, School to Work, Hospitals to Home, Rehabilitation Centers to Home, Nursing Homes to Home, Recovery to Work, Work to Retirement

Specific programs involving transition support and services include:
- WAIVER PROGRAMS:
  - Nursing Home Transition and Diversion (NHTD) – Regional Resource Center,
  - Traumatic Brain Injury (TBI) – Regional Resource Center & Open Door Program

TRAID Equipment & Early Intervention Toys/Equipment (EI) Loan
SAIL provides loans of assistive technology and durable medical equipment through its TRAID/EI project.

TRAID is Technologically Related Assistance for Individuals with Disabilities. This program also has an Early Intervention, or EI, aspect to it as well. This part of the program provides equipment and adaptive devices for children under 3 years of age. SAIL also provides assessment for adaptive computer hardware and software, and training to use the equipment.

SAIL HELPS with the loaning of equipment for:
- Early Intervention and Skill Development
- Communication
- Vision
- Hearing
- Activities of Daily Living
- Mobility
- Home and Vehicle Access
- Recreation

Technology
SAIL offers training services to provide opportunities to learn and grow with technology that enables people to lead productive, independent lives. Through our state-of-the-art computer lab, SAIL HELPS to provide:
- Orientation to Computers and Related Technology
- Training related to Internet and Cyber Safety
- Information on Computer Accessibility Features
- Instruction on Computer Software (Microsoft Word, Excel, PowePoint)
- Training to use Adaptive Computer Programs (Dragon Naturally Speaking)
- Assistance with Job Seeking and Electronic Applications
Education


Motor vehicle crashes are the No. 1 killer of kids. Why? In many cases, children are either not properly buckled into their safety seats or parents don’t realize that a booster seat is vital to ensuring children fit safely in their vehicle’s seat belt. Don’t take a chance. Children may be riding in a vehicle with parents, grandparents, daycare providers or others. In an accident, if the adult in the vehicle is seriously injured or unable to talk, those responding to the emergency have no easy way of identifying the child. The W.H.A.L.E.™ Program is intended to give parents (or other caregivers) the voice and tools to help emergency rescue efforts go more smoothly. W.H.A.L.E.™ stands for “We Have A Little Emergency.”

The W.H.A.L.E. car seat ID kit is a nationally recognized program. The Kit contains medical information and emergency contact numbers attached to the back of the safety seat. W.H.A.L.E. window decals indicate the program is in use.

Emergency first responders will now have immediate life saving information about a child in the event the driver is unconscious. Protection is not complete with just a car safety seat!

The program consists of three parts:

1. An Information Label is attached to the back of the car seat, which provides important information about the child, such as name, date of birth, medical history and who to contact in case of emergency. The label is placed on the back of the car seat where it is not visible from outside the vehicle. This ensures the privacy of this personal information.

2. Two W.H.A.L.E.™ Car Seat Stickers are attached to the sides of the seat.

3. Two W.H.A.L.E.™ Vehicle Stickers are attached to the rear/side windows of the vehicle. Each of these stickers depicts the W.H.A.L.E.™ logo and will alert emergency personnel that the occupants participate in the program.

Technology

Mobile Apps For People With Disabilities

With technology changing and more and more people getting smart phones and iPads, we thought we would list some great apps to consider for people with disabilities or their caretakers. Check some of these out!

- AbleRoad—App and website that connects people with accessible places
- Avaz—Free AAC app for kids with autism
- HearYouNow—Your personal sound amplifier
- It’s My Future—iPad app that helps adults with developmental disabilities
- Med Time—App to help manage your medications
- MY3—Stay connected when you are having thoughts of suicide
- Parking Mobility—Report disabled parking abuse
- RogerVoice—Enabling people who are deaf or people with hearing disabilities to make phone calls
- SAMSHA Behavioral Health Disaster Response App
- Show Me—A Communication tool for emergency shelters
- Stepping Stones—A personal visual organizer for prompting daily routines and schedules
- TapTapSee—Designed to help people who are blind or visually impaired identify objects they encounter daily
Government
Are You Registered To Vote? Important Elections 2016!

Why Voting Is So Important

- There remain wide gaps between those who do vote which undermines representative democracy. For the past three decades voters have been disproportionately of higher income, older or more partisan in their interests. Parallel to participation gaps are widening gaps in wealth, reduced opportunity for youth and frustration with the polarization in politics. How would our world be different if everyone participated?

- Much of this gap is due to communities left uninformed about elections. There are large gaps in who gets contacted in an election campaign. Millions of Americans, especially those served by the nonprofit sector, report not being reached by traditional campaign tactics like a phone bank.

- Not only so, voter participation is a learned activity. A fact that stands out in the literature is the powerful influence of families in voter and civic participation. As service providers and advocates, we can be too. New voters need our help finding their poll, a number to call for help, learning their voting options and understanding what’s on the ballot or the impact of this election on the issues they care about. It’s also true that communities who have been traditionally underrepresented in the democratic process often face significant barriers to voting, both discriminatory and inadvertent (we move a lot). It is these people who are least likely to understand the process that we serve.

- A functioning Democracy is critical to our Nonprofit Goals and Civic Missions. The independent sector depends as much as any on good government and fair and open elections. Democracy is something we can’t take for granted. It needs our help. Nonprofits are more likely to thrive in an environment where government is held in higher esteem and people are more likely to participate in and trust democracy.

SAIL is able to help people register to Vote. Call 792-3537 to do so. Advocates, here at SAIL, would love to help you register so that your voice can be heard. If you have a disability, it is extremely important that you vote because disability voting rights laws ensure that people with disabilities have access to voter education, registration and the polling place, as well as use of the voting machine. The purpose of all these requirements is to create EQUAL OPPORTUNITY in every aspect of the voting process. This will introduce you to both basic voting information and some of the most significant laws that protect the voting rights of people with disabilities. You have a responsibility to vote, if able. The Help America Vote Act (HAVA), passed in 2002, includes sections on disability access. This important federal law, which applies to the whole country, provides accessible voting machines; Educates Registrars of Voters and poll workers on the voting rights of people with disabilities; Provides accessible polling places; and conducts outreach to people with disabilities on their voting rights. You must be registered Democratic or Republican to vote in the Primaries. If you want to change parties, you had to have done it by last October, but you can use a general registration form to vote.

Disabilitygov


Tax Information for People with Disabilities

Internal Revenue Service (IRS) Publication 907 has information that people with disabilities can use to prepare their 2015 tax returns. You’ll find information about itemized deductions for medical expenses, the Earned Income Credit, and the new ABLE Accounts that can be used to pay for certain disability-related expenses. Get free help with your tax return at a Volunteer Income Tax Assistance (VITA) or Tax Counseling for the Elderly (TCE) site near you. For more information, call 1-800-906-9887 (VITA) or 1-888-227-7663 (TCE). Looking for information on other topics like housing, benefits or transportation? Check out https://www.disability.gov/resource/disability-govs-guide-housing/ for more information & resources.
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
- Participation in System Change Activities
- Free Make your Own Computer Workshop
- Consideration for a Position on the Board of Directors
- Notification of Special Events
- Ability to Vote for Members of the Board of Directors
- Free Access to Member-Only Events
- Ability to Make a Difference in Your Community

*SOUTHERN ADIRONDACK INDEPENDENT LIVING*
71 Glenwood Avenue
Queensbury, NY 12804
(518) 792-3537
Fax: (518) 792-0979
TTY/TDD: (518) 792-0505
Email: sail@sailhelps.org
Website: www.sailhelps.org
418 Geyser Rd.
Ballston Spa, NY 12020
Phone: (518) 584-8202
Fax: (518) 584-1195
TTY/TDD: (518) 584-4752


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!

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<td>Abraham Abbott</td>
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<td>Gary Banta &amp; Raymond Butler</td>
<td>The Boire Family</td>
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Southern Adirondack Independent Living (SAIL)

71 Glenwood Ave.
Queensbury, NY 12804
Phone: (518) 792-3537
Fax: (518) 792-0979
TTY/TTD: (518) 792-0505
Email: sail@sailhelps.org
Website: sailhelps.org

418 Geyser Rd.
Ballston Spa, NY 12020
Phone: (518) 584-8202
Fax: (518) 584-1195

Mission Statement

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

There is good information there.