

ACCESS

The Southern Adirondack Independent Living Center



What Our Community Health Advocates (CHA) Can Do Outside of Insurance Enrollment Period

The Community Health Advocates (CHA) help our consumers navigate through their health insurance by providing individual assistance, outreach, and education throughout New York State, whether you have employer or marketplace based insurance, Medicare, Medicaid, or no insurance.

Whether you simply need help understanding your coverage, understanding the difference between HMO or PPO, or something more complicated such as appealing a denial by an insurance company or help with getting a bill paid by the insurance company, CHA can help. CHA can assist in helping Medicare recipients find supplemental insurance, while offering a nonbiased opinion on plans and companies. They are also able to assist Medicare recipients find out if they are eligible for any assistance with Medicare premiums and drug assistance. Don't have insurance? CHA can offer assistance on finding financial assistance or prescription assistance.

While the CHA network is statewide, built from 28 partnering organizations, the Community Health Advocate at SAIL covers nine counties: Warren, Washington, Saratoga, Clinton, Essex, Hamilton, Franklin, Fulton and Montgomery counties. If you feel that you need the assistance of our Community Health Advocate, please contact April Way at 518-338-4540.

Upcoming Events

- **May 19-20, 8 AM—4 PM on Friday; 9 AM—2 PM on Saturday.** Garage Sale Fundraiser at SAIL. We take donations to sell.
- **July 21, 12 PM—2 PM** Americans with Disabilities Act (ADA) BBQ at SAIL. \$4/Non-members , Free for Members.

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Board Members

- David Bogue
- Kenneth Powers
- Amy C. Merchant
- Dennis Brower
- Michael D. Dezik
- Rod Bentley
- Bill Jones
- Richard Myette
- Gloria Ghirarduzzi
- Mark Griffin

Emeritus Board Members

- Norm Dobert
- James Gallagher

SAIL News

SAIL Craft Group

Tuesday May 2nd 11 am to 2pm
at 71 Glenwood Avenue in Queensbury

This free event will include supplies for the craft and time to sit and chat while we work. Feel free to pack your own bag lunch or bring a dish to share. This craft time will be a handmade model rocking chair and a paper colored stain glass activity.

Please RSVP to (518) 792-3537 or SAIL@SAILhelps.org if you are interested.



Annual Garage Sale Fundraiser to Benefit SAIL At SAIL

Southern Adirondack Independent Living is having its annual Garage Sale Fundraiser at the SAIL Center this spring on Friday, May 19th from 8 am until 4 pm. We will also be having it the next day on Saturday May 20th from 9 am until 2 pm. We take donations to sell. If you would like to help us, you can volunteer to help sell items on the 19th or 20th or by dropping off your clean **sellable** items. This will give us a chance 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. We have always done pretty well in the past because of this fundraiser.

We have the SAIL Garage Sale Fundraiser on two days for people who visit the center on Friday or for those who want to get a preview of the great items we receive every year. On Saturday, for the die hard garage salers who shop on Saturday mornings, you can stop by and see the great things we will receive from you to sell. 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. This agency sale has prices you will find at quite a discount. There is usually a good variety of items as well, which means there is typically something for everyone in the family.

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. In the past, we have had golf clubs, bicycles, and other sports items as well as clothes, bags, furniture, and cooking materials along with movies, books and many other items. Come check us out in May!!!

SAIL's Creative Expressions Art Show Was A Platform For Local Talented Artists



Seth Butler and his art, featuring "Vermont Ribbon Sky"

On March 25th, The Southern Adirondack Independent Living Center (SAIL) celebrated its 1st Annual Artful Expressions Art Show showcasing the artistic abilities of individuals who identify as having a disability. SAIL transformed its building from a service organization to an art gallery to show off the incredible artwork from 13 different local artists. Art of all mediums were displayed for the public viewing, of which nearly 75 community members came to view. Michelle Hajeck, who oversees the Traumatic Brain Injury Waiver at SAIL gave remarks to the guests highlighting each artist for their participation and spoke on the wonderful art that was displayed. SAIL will be unveiling a new

display case to highlight and feature the work of different artists each month. SAIL is honored and proud to promote the independence, dignity, and equality for all individuals with disabilities. Please continue to look for the display case in the main hallway and we look forward to celebrating the arts next year.

Education

The Community Has Really Helped SAIL of Late

Thanks South Glens Falls High!

SAIL is honored to have been one of the recipients of the South High Marathon Dance once again. Thank you very much to all the students for all the hard work, energy and contagious spirit you put in to give back to the members of your surrounding communities. The South High Marathon Dance is a charitable event held every March in South Glens Falls. Students at South Glens Falls High School, grades 9-12, gather to raise money and dance for an amazing 28 hours straight, all in the name of local people and charities who need help. The dance has donated money to individuals who need handicapped-accessible vans, organ transplants, and motorized wheelchairs. They have helped send community members who are terminally ill on vacations with their families, helped pay medical expenses, bought gifts for children who are needy at Christmas and helped purchase major medical equipment for a local hospital. The dance is organized primarily by the students of South Glens Falls High School. A committee is formed every year to decide who the recipients will be that year. Go Bulldogs!

SAIL Was Privileged To Be A Recipient Of Stewart's Shops' Holiday Match

The 2016 Stewart's Shops Holiday Match program raised over \$1.85 million for local children's organizations. SAIL was lucky enough to be a recipient of some of that money. From Thanksgiving Day through Christmas Day, Stewart's customers impressively donated over \$926,000 to the program. Each individual donation is matched penny for penny by Stewart's Shops. There are no administrative costs and 100% of the funds benefit local, non-profit children's organizations. Nearly 1,600 children's organizations received Holiday Match funding from their last campaign and the Stewart's Shops customer generosity is impressive. SAIL would just like to thank Stewart's Shops for their kindness in considering us as a recipient. It will benefit SAIL's Early Intervention (EI) loaning program and help us organize TRAIID.

S.T.E.P.S. — Steps to Employment Potential & Success

Do your students / consumers understand the value of showing up on time? Do they know how to communicate clearly and respectfully to their peers? Do they hold themselves accountable for their actions? If they don't now, they will need to for success in college and a career.

S.T.E.P.S Steps to Employment Potential & Success, is a new and engaging program that uses hands-on activities and real-world applications in a safe setting to teach students /or consumers soft skills, from communication and interpersonal skills to time management and responsibility. S.T.E.P.S. is being presented by Southern Adirondack Independent Living Center through a 10 week course that will give each participant is given the opportunity to learn and practice each of the soft skills listed below. ACCES-VR participants will have priority for enrollment with a referral. If you would like to request more information or register for upcoming classes please contact: Mandy VanTassell STEPS@SAILhelps.org or by phone at 518-584-8202 ext. 305. [Steps to Employment Potential & Success](#)

Target Audience:

- High school students
- Post-secondary students
- Workforce development
- ACCES-VR Consumers

Self-Confidence	Communication	Teamwork	Problem Solving	Critical Thinking	Using Technology
Responsibility	Interviews	Motivation	Work Ethic	Listening	Respect
Presentation Skills	Flexibility	Interpersonal Skills	Negotiation	Networking	Patience
Time Management			Stress Management		



Government

How To Contact Your Government Representatives

Have you ever had a disability issue that you feel passionate about? Have you ever wanted to tell your government representative about it and have your voice be heard? Well here are some ways to contact your government officials. SAIL also has an Action Alert Group and an Advisory Council that you can join so that when issues arise that representatives need to hear about, they can, by you. Call 792-3537 to join one or both of these groups or contact your representative yourself directly. Below is how.

President

President Donald J. Trump

The White House
1600 Pennsylvania Ave. NW
Washington, D.C. 20500
Comments: (202)456-1111
Switchboard: (202)456-1414
TTY/TTD Comments: (202) 456-6213
Visitor's Office: (202) 456-2121
Email: www.whitehouse.gov/CONTACT

US Senate 21st Congressional District

U.S. Senator Kirsten Gillibrand

Albany/ Capital District Office
Leo W. O'Brien Federal Office Building
1 Clinton Square, Room 821
Albany, NY 12207
Tel. (518) 431-0120
Fax (518) 4310128
Washington D.C. Office
Phone: (202) 224-4451
Fax: (202) 228-0282
Email: <http://gillibrand.senate.gov/contact/>

U.S. Senator Charles Schumer

Washington, D.C. Office
United States Senate
313 Hart Senate Office Building
Washington D.C. 20510-3201
DC Phone: (202) 224-6542
DC Fax: (202) 228-3027
Albany Office
Leo W. O'Brien Office Building Rm. 420
1 Clinton Square
Albany, NY 12207
Phone: (518) 431-4070
Fax: (518) 431-4076
Email: http://schumer.senate.gov/new_website/contact.cfm

U.S. Representative Elise Stefanik

Washington, DC Office
512 Cannon House Office Building
Washington, DC 20515
Phone: (202) 225-4611
Glens Falls Office
136 Glen Street
Glens Falls, NY 12801
Phone: (518) 743-0964
Plattsburgh Office
23 Durkee Street, Suite C
Plattsburgh, NY 12901
Phone: (518) 561-2324
Fax: (315) 782-1291
Watertown Office
88 Public Square
Suite A
Watertown, NY 13601
Phone: (315) 782-3150

Governor's Office

Governor Andrew Cuomo

State Capitol
Albany, NY 12224
Phone: (518) 474-8390
Email: <http://www.governor.ny.gov/content/Governor-Contact-Form>

To write, use this address:

The Honorable Andrew M. Cuomo
Governor of New York State
New York State Capitol Building
Albany, NY 12224

State Assembly

Assembly Speaker Carl Heastie

LOB 932
Albany, NY 12248
Phone (518) 455-3791
Email: speaker@nyassembly.gov

State Assemblyman Dan Stec 114th District

Elizabethtown Office
7559 Court St.
Rm. 203 PO Box 217
Elizabethtown, NY 12932
(518) 873-3803
Glens Falls Office
140 Glen St.
Glens Falls, NY 12801
(518) 792-4546
StecD@nyassembly.gov

State Assemblyman Steven McLaughlin 107th District

District Office
258 Hoosick Street
Suite 109
Troy, NY 12180
518-272-6149
Albany Office
LOB 533
Albany, NY 12248
518-455-5777
mclaughlins@nyassembly.gov

State Assemblywoman Carrie Woerner 113th District

Legislative Office Building (LOB) 323
Albany, NY 12248
(518) 455-5404
112 Spring St. Suite 205
Saratoga Springs, NY 12866
(518) 584-5493
Fax: 518-584-5496

State Senate

State Senator Kathleen Marchione

Albany Office
188 State Street LOB - Room 917
Albany, NY 12247
United States
Phone: (518) 455-2381
District Office
1 Halfmoon Town Plaza
Halfmoon, NY 12065

State Senator Elizabeth Little

Glens Falls Office
5 Warren St., Suite 3
Glens Falls, NY 12801
Phone: (518) 743-0968
Albany Office
LOB Room 310
Albany, NY 12247
Phone: (518) 455-2811

TRAID/EI

TRAID/EI Purchases A Hubscrub Automated Equipment Cleaner



TRAID/EI was able to purchase a Hubscrub automated medical equipment cleaner. The cleaning systems disinfect wheelchairs, commodes, hospital beds and other equipment quickly and effectively through Hubscrub's automated technology. The major benefits of an automated cleaning and disinfection system are to reduce labor time and to have a consistent cleaning and disinfecting process for every piece of equipment. The higher spray pressures in the machine reduce cleaning time (with minimal fabric saturation) and are more



effective to remove stubborn soil and organics. With our Hubscrub, we can have a complete wash and rinse in 3 minutes for equipment with average soiled build up. We can control the spray arm speed which is ideal for a quick wash or heavy duty wash. So we are glad to have this great machine! Stop by Monday—Friday 8 AM—4 PM to see it!

SAIL Has A Sorenson Video Phone For People Who are Deaf to Make A Call

What is a Sorenson Video Phone? - A video phone is a device that assists people who are deaf and/or hard-of-hearing who use sign language in communicating with others. The phones can be used by people who are deaf to communicate with each other over the phone, or with hearing people through a sign language interpreter.

How do you use a Sorenson Video Phone?

1. A voice number that a hearing person uses to call another TTY user or a TTY number that a Deaf caller can dial to contact a relay operator to call someone who doesn't have a TTY. ...
2. A three-digit number, 711, that connects a non-TTY caller to any state's relay service.

What is a Video Interpreter? Video remote interpreting (VRI) is a videotelecommunication service that uses devices such as web cameras or videophones to provide sign language or spoken Language **interpreting** services.

How does a deaf person use the phone? Instead of talking, the person who is deaf will type their conversation. If a person who is deaf wants to call a person who can hear, they can use their TTY to make the call through a relay operator. It is similar to text messaging on a cell phone.

So please feel free to stop by SAIL and give our new Sorenson Video Phone a try. It's really pretty easy to use. There are apps that will do the same thing, but our video phone is larger than a cell phone. We are open M - F 8am—4 PM.



Health

Hopefully You Have Not Been SAD This Past Winter

SAD or Seasonal Affective Disorder is a mood disorder that affects someone during the winter months, usually starting when the weather becomes colder in September or October, and ends in April or May when the weather becomes warmer. People with SAD feel depressed during the shorter days of winter, and happier and have more energy during the brightness of spring and summer.

About 60% and 90% of people with SAD are women? It's true. If you are a female between 15 and 55, you are more likely to develop SAD. SAD is believed to relate more to daylight, not the temperature. Some experts think that a lack of sunlight increases the body's production of melatonin which helps regulate sleep and can cause symptoms of depression.

- Light therapy may help you overcome SAD as it has been shown to be highly effective. Most scientists agree that there are no long-term side effects, but please talk to your doctor about changes in your health as a result of the light therapy. If you want to try light therapy in your home, buy a larger one so that you will receive enough light for it to be beneficial. The best time for light therapy is in the early morning. (If used late at night, it could cause insomnia.) You must have your eyes open and face the light during therapy. No staring at the light, but just face the light, eyes open.
- The symptoms and remission of the systems must have occurred during the last two consecutive years which means the seasonal depressive episodes must be more than the non-seasonal depressive episodes in one's lifetime. SAD can be treated with certain medications that increase serotonin levels in the brain. Such medications include antidepressants, such as Paxil, Prozac, and Zoloft. There is something called a light visor which allows you to be able to walk around and do your daily activities.
- If you have a friend or loved one who suffers from SAD, you can help them a lot. Spend more time with the person, even though they may not seem to want any company. Help them with their treatment plan. Tell them often that summer is only a season away and say their sad feelings are only temporary, and they will feel better in no time. Get outside and do something together. Take a walk, or exercise in the natural sunlight.

Reverse SAD: There are, in fact, people who have Reverse SAD. Though rare, for some people, the dark days of winter don't elicit depression, but more energy and a better mood. Why do some get Reverse SAD? It could be because someone with SAD could possibly get too much sunlight, which also leads to changes in melatonin production. Other experts think that people might stay up later in the summer, throwing their sensitive circadian rhythms off. There is not a lot of studies done on Reverse SAD because it's rare so less is known about it.

Blaszczak, Jessica. "10 Things You Didn't Know About Seasonal Affective Disorder." Psych Central. (2016). <https://psychcentral.com/lib/10-things-you-dont-know-about-seasonal-affective-disorder/>

Gaines Lewis, Ph.D, Jordan. "Reverse Seasonal Affective Disorder: SAD in the Summer." Psychology Today, Jan. 14, 2015 <https://www.psychologytoday.com/blog/brain-babble/201501/reverse-seasonal-affective-disorder-sad-in-the-summer>

Membership

If you are interested in becoming a member, please contact us here at SAIL at 792-3537 or 584-8202, email us at sail@sailhelps.org, or visit our lobby. There are membership forms there. ***Many thanks to all our Members.***

Why does being a SAIL member matter?

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

Sponsor Members

Adirondack Dental Implant Center • Gary Banta & Raymond Butler • David Bogue & Margaret Foote • Brookfield Renewable Power • Ellen & Paul Connors • CR Bard • Dick Saunders State Farm Insurance Co. • Glens Falls National Bank & Trust Co. • Glens Falls MS Support Group • Bruce Lanphear • Francis & Joanne Smith • Stewarts Shops • Wilcenski & Pleat PLLC

Honorary Members

John & Michelle Logan • Rich Myette

Partner Members

Aging in Place—Glens Falls • John & Louise Sobing • Fred & Pamela Scialabba

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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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