V olunteer Opportunities @ S A I L & W hy I t’ s I mportant t o V olunteer

SAIL has many opportunities to volunteer. We have luncheons to help set up for and take down. We need assistance with our fundraisers. We need help folding our newsletters and there are even gardening opportunities. We also have the STAY Home Program which we would need volunteers to help people to remain independent in their homes by helping them with routine maintenance work, small repairs, and odd jobs around the house. We also have advisory councils that help us learn and decide what programs we may need in our area to assist people with disabilities. We have advocacy volunteer opportunities where you could make calls to officials or to members of the community, have petitions signed, or educate the community. There are even clerical activities with which you can volunteer. If you are interested in seriously committing to being a volunteer with us please contact Kris Whalley at 792-3537 to let him know in what capacity you would like volunteer. We would really appreciate the help and it may make you feel better in the process as a volunteer knowing that you are helping a great organization and assisting in your community.

SAIL can always use volunteers, but you wonder why it is so important to volunteer? Here is why. It Can Improve Community Life. It goes a long way towards creating a healthy community. To Give Back. It showcases someone’s gratitude. To Help Others in Need. You can reach out to others. There will be no financial rewards, but the joy you can bring to others will be priceless. Things Are Done More Effectively. When people get together, the job or assignment becomes easier to do. It doesn’t matter what the job is. When individuals work together, most of the difficulties will be erased. Without any help, work becomes a lot harder and more time consuming. You Get Connected to Other People. When you take part in these activities, you come to know your friends and volunteers even better. You will make new acquaintances also. By getting more involved with other people, your self-confidence also increases. Giving Hope. A downtrodden person will be uplifted when he or she realizes that there are people out there who will help them out. It brings back their faith. It makes them aware that not everything is about money. It Inspires the Human Spirit. The selfless act of helping a person or cause provides a spiritual boost as well. Knowing you did something good for someone or some cause is an emotionally uplifting experience that can never be matched by money.

Interested in Emergency Preparedness? FEMA’s Core Advisory Group (CAG), is an attempt to help make disaster response efforts fully inclusive of all people in the community. SAIL will be starting a new Core Advisory Group for FEMA in Warren, Washington and Saratoga Counties. If you are interested, please join us on August 9th at the SAIL Center – 71 Glenwood Avenue Queensbury, NY. Come learn about FEMA’s Core Advisory Group (CAG) and how YOU can help make a difference in your community!

Upcoming Events

**ADA Barbecue**
Friday July 22nd 12pm—2 pm
Join us for some great BBQ food in celebration to honor The Americans with Disabilities Act
$4 for Non-Members/ Members eat FREE
BBQ at SAIL—Call 792-3537 to RSVP by 7/20/16

**Fall Potluck Luncheon**
Friday September 23rd
12 pm—2 pm
Please bring a dish to share.
At SAIL in Queensbury—Call 792-3537 to RSVP by Wed. 9/21/16
Government

**HERE'S THE 4-1-1 ON CALCULATING AN INDIVIDUAL SHARED RESPONSIBILITY PAYMENT**

The Affordable Care Act requires you and each member of your family to have minimum essential coverage (https://www.irs.gov/Affordable-Care-Act/Individuals-and-Families/ACA-Individual-Shared-Responsibility-Provision-Minimum-Essential-Coverage), qualify for an insurance coverage exemption, or make an individual shared responsibility payment for months without coverage or an exemption when you file your federal income tax return.

In general, the annual payment amount is the **greater** of these two amounts:

- A percentage of your household income – 2 percent of income above filing threshold for 2015
- A flat dollar amount - $325 per adult and $162.50 per child for a family maximum of $975 for 2015

However, this is capped at the national average premium for a bronze level health plan available through the Marketplace. You will owe 1/12th of the annual payment for each month you or your dependents don’t have either coverage or an exemption.

Your payment amount is capped at the cost of the national average premium for a bronze level health plan available through the Marketplace. For 2015, the annual national average premium for a bronze level health plan available through the Marketplace is $2,484 per year – or $207 per month – for an individual and $12,240 per year – or $1,020 per month – for a family with five or more members.

If you are required to make a payment, you can use the worksheets located in the instructions to Form 8965 (https://www.irs.gov/uac/About-Form-8965) Health Coverage Exemptions, to figure the shared responsibility payment amount due.

If you did not have coverage and your income was below the tax filing threshold for your filing status, you qualify for a coverage exemption. You do not have to file a tax return solely to claim this exemption. However, if you do file a return, you should file Form 8965, Health Coverage Exemptions, and you should not make a payment with your return.

For more information about determining the amount and reporting your payment on your tax return, see our *Calculating the Payment* (https://www.irs.gov/Affordable-Care-Act/Individuals-and-Families/ACA-Individual-Shared-Responsibility-Provision-Calculating-the-Payment) page. You can also use the Individual Shared Responsibility Payment Estimator (http://www.taxpayeradvocate.irs.gov/estimator/isrp/), which can help you estimate the amount you may have to pay if you did not have minimum essential coverage during the year.

---

**BEWARE OF NEW TAX SCAMS**

**Scammers Change Tactics.** The IRS is receiving new reports of scammers calling under the guise of verifying tax return information over the phone. The latest variation on this scam uses the current tax filing season as a hook. Scam artists call saying they are from the IRS and have received your tax return, and they just need to verify a few details to process it. The scam tries to get you to give up personal information such as a Social Security number or personal financial information, such as bank numbers or credit cards. Please be careful about giving out your information, use common sense and remember, the IRS generally won’t call you. If you want something from them, you will have to call them.

**Tax Refund Scam Artists Posing as TAP.** In this new email scam targeting taxpayers, people are receiving emails that appear to come from the Taxpayer Advocacy Panel, a volunteer board that advises the IRS on issues affecting taxpayers. They try to trick you into providing personal and financial information. Do not respond or click the links in these emails. If you receive an email that appears to be from TAP regarding your personal tax information, forward it to phishing@irs.gov.

**E-mail, Phishing and Malware Schemes.** The IRS has seen an approximate 400 percent surge in phishing and malware incidents so far in the 2016 tax season, so please be very careful.
SAIL News

Please buy $5 each duck tickets from SAIL to benefit SAIL for the 26th Annual Kiwanis Club Duck Race and Family Fun Day at Haviland’s Cove in Glens Falls on Saturday July 30th from 11 am to 2 pm. Winning duck wins $2,016 and there will be additional prizes for subsequent winners. Call SAIL at 792-3537 for more ticket information or please stop by to purchase tickets.

SAIL’s annual Garage Sale fundraiser was a success again this year. We made about $700. Thank you to everyone who donated items to us and to all the SAIL staff and volunteers that helped make it possible. Your work and consumer donations were greatly appreciated.

No Place Like Home

SAIL provides 1:1 In-home safety assessments as well as Training & Technical Assistance for caregivers. This program provides:

1. Services to help preserve an individual’s health, safety & quality of life as their needs change.
2. Support & guidance to all persons responsible for the well-being of the individual.
3. 1:1 home assessments.
4. Recommendations for safety & activities in the home.
5. Linkage to resources & referrals

Pre-registration is required. Call 792-3537 to register.

Memory activity kits will be available for loan through the TRAID program. This program is made available through a grant from the Leo Cox Beach Philanthropic Foundation.

Independent Living Achievement Award Nominees and Winners

Each year, The Southern Adirondack Independent Living Center awards 2 students a scholarship. It is for students who live the mission statement of the center, which is to promote the independence, equality, and dignity of people with disabilities. The students are generally nominated by a teacher, parent, or service coordinator who feels this student deserves it. Along with the money they receive, the students receive a one year membership to SAIL. Southern Adirondack Independent Living has given out this scholarship for 10 years. The nominees for this year’s scholarship were: Quintin Ciccolella from Schuylerville Junior Senior High School, Jessica Lewry of Fort Edward High School, Lauren Finamore from South Glens Falls High, Kory J. Porlier of The Queensbury Union Free School District, Jammie Knowlton from Argyle Central School, Cassidy Morganstern of Corinth Central School District, Silvya Levesque from Ballston Spa Central School District, Robbie LaFountain of Glens Falls City School District and Dylon Wolford of Whitehall Central School District. And the winners of the SAIL Center Independent Living Achievement Award Scholarship are: Silvya Levesque and Cassidy Morganstern! Congratulations to all of you!

Family Mental Health Fair on Sunday May 1st

SAIL was pleased to be able to work with Moreau Community Center to host a Family Mental Health Fair on Sunday, May 1st from 1-3pm. This was a unique opportunity to make contacts with the community members and providers who were present. The activities and educational material made it possible to provide positive information about preventative options for mind health. It was a great event to kick off the start of Mental Health Awareness Month! Those who attended received a variety of materials designed to enhance mental health, enjoyed fun activities and some healthy snacks as well. Thank you again to the participating agencies, those who attended the event and to Moreau Community Center for hosting the event.
TRAI/EI

More Recent Purchases for our TRAI/EI Program

We are continuing to feature stories on our TRAI/EI adaptive equipment and loaning program. This time around we will highlight a few more of our recent EI (Early Intervention) purchases, as well as two items for recreational use for the summer. Last year, SAIL loaned over 2,500 pieces of equipment to 1,700 individuals. This year we are on pace to exceed 3,800 items to over 2,000 consumers! We are very pleased to be able to continue to provide what we believe is a valuable service to our community.

**Bilibo:** The Bilibo is a uniquely designed item, made of durable high-density polyethylene and is in the shape of a shell. These come in a variety of colors and SAIL has four of them in all -- blue, red, green & purple. They can be used to sit on or sit in and spin around – they can be used on most surfaces and enhance the mind and curiosity of children aged 2 and over, through color and action!

**Body Sox:** This is a flexible item which can be worn by an individual with personal environmental curiosities or social hesitancies. It is made of soft, four-way stretch Lycra and is machine washable, and perfect for multiple users. This item is specially designed for spatial awareness and balance resistance. Users will feel comforting pressure at extended points; this is ideal for autistic children, giving users the sense of social interaction within their environment in a safe way. Abilitations Medium Body Sox measuring 47 x 27 in. is designed to for spatial awareness through balance and resistance. Body Sox featuring protective walls, dancing images of rolling rocks, hatching eggs, moving puzzle pieces or birds of flight helps to expand your imagination. Watch children and adults alike begin to understand and explore the three-dimensional space they individually occupy. Experience your body in a new way with this body sox by increasing body awareness, strength and creativity. Body Sox featuring a snag-free Velcro opening can also mend the relationship between child and adult as they co-create together inside an extra large or tall size. Body Sox offers comfortable pressure to those with special needs, especially autistic children. Body Sox produces an experience of "I can see you, but you can't see me" which increases the sense of personal safety, loosens inhibitions and stimulates a spirit of play. Each sack is constructed from 4-way stretch LYCRA that opens/closes with hook-and-loop material.

**Pool & Beach Access Chairs:** If you are planning a family vacation near the ocean or wishing to use the family pool, we have items which can make these places accessible for all. SAIL now has a Beach Access Chair, which has large rubber tires and an umbrella. Great for navigating sandy dunes and also works on the snow! Another similar item is a Poolside Access chair which allows any individual to be assisted to the poolside to enjoy the sun and visiting with friends and family.

**Tumble Forms 2 Ready Racer:** The Ready Racer is recommended for children aged 2-5 years old. It is a pre-wheelchair, pediatric mobility aid that combines wheelchair handling with a fun sports car design! Ready Racer helps improve perceptual motor skills, strengthens the arms and upper trunk, and allows the child to play along at peer level. It is important to note that the Ready Racer is designed for indoor use, and can move easily over carpet and around tight corners. This is a great way for a child to take part in active play with other children, and allows mobility to play independently!

By Kris Whalley—TRAI/EI Director & Associate Director of Program Services
Education


What are English Language Arts (ELA) Learning Standards?
Learning Standards are defined as the knowledge, skills, and understandings that individuals can and do habitually demonstrate over time as a result of skilled instruction and experience. In 1996, the New York State Board of Regents approved 28 learning standards in seven content areas. In 2010, the Board of Regents adopted the Common Core Learning Standards in English Language Arts/Literacy and Mathematics. In school year 2014-15, the Board of Regents asked for a review of the Common Core Standards in English Language Arts and Literacy. Additional information can be accessed at the AIMHighNY (http://www.nysed.gov/aimhighny) website.

How can I learn more about education services for students with disabilities?
The Office of P-12 Special Education is the best source of information regarding New York State law, regulation, and policy governing the education of students with disabilities. This information is available at http://www.p12.nysed.gov/specialed/

Does the New York State Education Department have a required curriculum, including reading, spelling, or vocabulary lists?
No. It is the local school district's responsibility to implement a curriculum which will provide students opportunities to achieve the New York State learning standards. In school year 2012-13, the New York State Education Department began providing sample P-12 Curriculum Modules for school districts to use. These modules, which are aligned to the P-12 Common Core Learning Standards, are voluntary for educators to use. To learn more about the New York State P-12 Curriculum Modules for English Language Arts & Literacy, please see the following page: http://www.engageny.org/english-language-arts

Is teaching cursive writing required in New York State?
Cursive writing is not included as a requirement in the P-12 Common Core Learning Standards. Teaching cursive is a local school district decision.

Where can I go to get an overview of what is included in the NYSED ELA Curriculum Modules? Are there curriculum maps available?
Yes, curriculum maps or outlines of the curriculum materials are available on EngageNY. For Prekindergarten-Grade 2, there is an overview page (https://www.engageny.org/english-language-arts) that describes the Listening and Learning and Skills Strands. To learn more about each section, you can click on the grade level and then select the Listening and Learning or Skills Strand. For Grades 3-8, there are grade-specific curriculum maps available, which outline the major focus for each module, plus the texts that are used within the module. Please note that these are the maps for the NYSED ELA Curriculum Modules. If a school or district is not using the module maps, they are not required to follow the module map since curriculum is a local school district decision. At the local level, schools are required to ensure that local teaching facilitates student attainment of the Common Core Learning Standards. The maps for the NYSED ELA curriculum modules are linked on each grade-specific curriculum page (https://www.engageny.org/common-core-curriculum).

Does New York State have a list of required texts?
No. Text selection, as well as curriculum decisions, are local school district decisions in New York State. As schools select texts, we recommend that the school district be able to describe the process for text selection so that parents and students can understand the process and why specific texts are selected.

What is the recommended minimum number of books students should read per year?
Since the development of curriculum and selection of materials and textbooks is a matter of local choice in New York State, decisions about the recommended amount of reading are made at the local level. Student independent reading is important to literacy instruction. We recommend that teachers promote independent reading and student choice in selection of texts. The following reading resources are available on EngageNY: Launching Independent Reading in Grades 3-5: Sample Plan, (https://www.engageny.org/resource/launching-independent-reading-in-grades-3-5-sample-plan) and Launching Independent Reading in Grades 6-8: Sample Plan (https://www.engageny.org/resource/launching-independent-reading-in-grades-6-8-sample-plan).

Where can I go to get an overview of what is included in the NYSED ELA Curriculum Modules? Are there curriculum maps available?
Yes, curriculum maps or outlines of the curriculum materials are available on EngageNY. For Prekindergarten-Grade 2, there is an overview page (https://www.engageny.org/english-language-arts) that describes the Listening and Learning and Skills Strands. To learn more about each section, you can click on the grade level and then select the Listening and Learning or Skills Strand.

For more information on this, visit: http://www.p12.nysed.gov/ciai/ela/elaqa.html#Learningstandards, where this article is from.
Health

5 Quick Inexpensive Ways to Cope With The Summer Heat

When high summer temperatures strike, it can be uncomfortable. Severe heat should be taken seriously and it’s important to understand the dangers. The body cools down primarily by the evaporation of sweat on the skin, “Director of Integrative Pain Management at The Sinai Hospital Houman Danesh, MD, said” When the air is dry, sweat evaporates and cools the skin. When the air is humid, sweat doesn’t evaporate as well and the body is unable to cool down.” The best way to stay safe is to stay hydrated and keep indoors during peak sun hours. However, even inside can get steamy. If you don’t have an air-conditioner to rely on, or if that still isn’t cutting it, here are five unconventional ways to stay cool this summer.

1. Load up on Spices. While it may sound strange, eating spicy foods can actually cool your body down. The heat of your dish will make you sweat and, in turn, cool you off naturally. If that sounds too extreme, Registered Dietician and Professor at the University of Connecticut Nancy Rodriguez suggested using ingredients in salsa, guacamole and other summer snacks.

2. Use the Products You Already Have. You can turn everyday products into cooling sensations simply by storing them in the refrigerator. Sunscreen, lotions, toners, creams and even perfume can all be kept safely in the fridge to give you a refreshing lift upon application.

3. Cool Your Pulse. The National Sleep Foundation recommended placing a damp washcloth in the freezer to create an easy, cooling compress. Placing the frozen cloth on your wrists or any pulse point will bring an icy shock to your body. If you don’t have an ice pack, leave your wrists under cold, running water for 30 seconds. This will cool the blood in your veins and provide some instant relief.

4. Drink Up but Avoid Caffeine, Alcohol. Especially after being outside in hot weather, it is important to hydrate and replenish your body. Registered Dietician and Professor of Nutrition at Baylor Suzy Weems suggested “cool, refreshing liquids” following time in the sun. She recommends water or juices. She cautioned against iced tea or anything with caffeine as some people can see increased perspiration. As refreshing as it may sound, beer, wine, or hard liquor are all poor options, according to Weems. Alcohol is dehydrating and should be avoided during scorching heat.

5. Create a Faux AC. To simulate the feel of an air-conditioner, Medicine.net recommended placing a bowl of ice in front of a box fan and sitting directly in front of the air flow.

Article by Kathy Galimberti, AccuWeather.com Staff Writer June 5, 2014; 4:53 AM ET
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
- 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

SOUTHERN ADIRONDACK INDEPENDENT LIVING
71 Glenwood Avenue
Queensbury, NY 12804
(518) 792-3537
Fax: (518) 792-0979
TTY/TTD: (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

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
Paul Connors
Tim & Jackie Dunn
Glens Falls Printing
Bruce Lamphere
Mannix Marketing
Neighbors NY Inc.
PEPE Productions
Francis & Joanne Smith
The Chronicle
Visiting Nurses of Albany
WILCENSKY & PLEAT

Honorary Members
John & Michelle Logan
Richard Myette

Partner Members
Glens Falls Animal Hospital, LLP
John & Louise Sobing
Phyllis Torok

Family Members
Jeff Adams
The Boire Family
Joyce Brown
Patricia Byrnes & Family
Phillip & Rhoda Corbett
Rose Mary Deso
Rose & Francis Germain
Aldo & Gloria Ghirarduzzi
Tenley Gregorio & Issiah & Christopher Brumm
Lloyd Hammond & Kathy Rawlin
LeRoy & Rose Harrison
Josephine & Chelsea Hayes & Bernard Gregory
Lou Ann & John Holt
David & Mary King
Nancy, Brian & Tina LaFlure
Julie & Rick Leonelli
Lois Morehouse & Ed & Tony Hockenberry
Pamela Louise Parrott
Hal & Deanna Payne
Pat & Jim Porter
Melvin, Sara, & Skyler Rios
Robert & Bonnie Sharp
June & Mark Talley
Robert & Beverly Whitmore

Individual Members
Abraham Abbott
Jo-Ann Baccari
Lillian Beswick
David Bogue, Jr.
Jean Bradford
Dennis Brower
Stephen Chagnon
Karen Corlew
Michael Dezik
Susan Dornan
Deborah Duma
Nichole Dumont
Richard Fairchild
Ada Fisher
Zoey Fitzgerald
Edward Foote
Michaela Frisk
Wilbur Forrest
Patricia Hohman
Philip Jessen
Anne Klein
June Krause
Kim Leary

Independent Living Award Nominee Individual Members: Quintin Ciccoletta, Lauren Finamore, Jammie Knowlton, Silvya Levesque, Robbie La Fountain, Jessica Lewry, Cassidy Morganstern, Kory J. Portier, Dylon Wolford

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
- 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

SOUTHERN ADIRONDACK INDEPENDENT LIVING
71 Glenwood Avenue
Queensbury, NY 12804
(518) 792-3537
Fax: (518) 792-0979
TTY/TTD: (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

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
Paul Connors
Tim & Jackie Dunn
Glens Falls Printing
Bruce Lamphere
Mannix Marketing
Neighbors NY Inc.
PEPE Productions
Francis & Joanne Smith
The Chronicle
Visiting Nurses of Albany
WILCENSKY & PLEAT

Honorary Members
John & Michelle Logan
Richard Myette

Partner Members
Glens Falls Animal Hospital, LLP
John & Louise Sobing
Phyllis Torok

Family Members
Jeff Adams
The Boire Family
Joyce Brown
Patricia Byrnes & Family
Phillip & Rhoda Corbett
Rose Mary Deso
Rose & Francis Germain
Aldo & Gloria Ghirarduzzi
Tenley Gregorio & Issiah & Christopher Brumm
Lloyd Hammond & Kathy Rawlin
LeRoy & Rose Harrison
Josephine & Chelsea Hayes & Bernard Gregory
Lou Ann & John Holt
David & Mary King
Nancy, Brian & Tina LaFlure
Julie & Rick Leonelli
Lois Morehouse & Ed & Tony Hockenberry
Pamela Louise Parrott
Hal & Deanna Payne
Pat & Jim Porter
Melvin, Sara, & Skyler Rios
Robert & Bonnie Sharp
June & Mark Talley
Robert & Beverly Whitmore

Individual Members
Abraham Abbott
Jo-Ann Baccari
Lillian Beswick
David Bogue, Jr.
Jean Bradford
Dennis Brower
Stephen Chagnon
Karen Corlew
Michael Dezik
Susan Dornan
Deborah Duma
Nichole Dumont
Richard Fairchild
Ada Fisher
Zoey Fitzgerald
Edward Foote
Michaela Frisk
Wilbur Forrest
Patricia Hohman
Philip Jessen
Anne Klein
June Krause
Kim Leary

Independent Living Award Nominee Individual Members: Quintin Ciccoletta, Lauren Finamore, Jammie Knowlton, Silvya Levesque, Robbie La Fountain, Jessica Lewry, Cassidy Morganstern, Kory J. Portier, Dylon Wolford
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
TTY/TTD: (518) 584-4752

Mission Statement

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

There is good information there.