

FULL AHEAD

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Happy 20th Anniversary, SAIL! By Executive Director, Joan O'Keefe

I sure am lucky. SAIL was incorporated in 1992, and five years later I more or less fell into a job here. I had never heard of SAIL or a Center for Independent Living.

Turns out, SAIL fills an important niche in the community fabric of SE Alaska. It is run and governed by the very folks the organization serves~ people with any disability and seniors. And with that unique perspective, provides a variety of services responsive to individual and community needs, all geared to help us, and our friends and family and neighbors, to live as independently as possible. Who knew!!

And some utterly phenomenal humans have been associated with SAIL over the years~ staff, board, volunteers, donors, community partners, and consumers. Some are still with us while others graced us with their presence and their passion, forever changed us, and then, seemingly in a blink, passed on. Staff members like Jerry Schach, Bill Kozlowski, Cheryl Hull, Jerry Kainulainen, Ruby DeLuna and former board chairs Curtis Fleischhauer and Nancy Andison.

Many of my favorite memories hark back to my first five years at SAIL, working as a staff for Outdoor Recreation and Community Access (ORCA). Standing on the banks of Mitchell Bay, alongside a young man with Down syndrome as he proudly lands his first fish ever, a nice cut throat trout. Kayaking, hiking, camping and exploring with Lee and Christy Hagmeier, he blind and she deaf, as they braved and conquered adventure after adventure. Or playing a rowdy game of SKIPBO on the ferry with feisty characters from one of our low vision support groups.

Although not as adventurous as my stint with ORCA, my last 10 years at SAIL has also been extremely rewarding. Collaboration is a core value at SAIL. It's been my honor to work on and be a part of a long list of community projects and coalitions. SAIL partnered with Tlingit and Haida Vocational Rehabilitation (TVR) and KTOO to produce a DVD on cross cultural communication featuring Father Oleksa. SAIL was the non-profit umbrella for Project Playground in Juneau. The remarkable effort raised hundreds of thousands of dollars and brought more than 1000 volunteers together. SAIL is also an active voice in coordinated transportation, homelessness, peer support initiatives, and more. Home Modifications for Aging in Place (HomeMAPs) is the newest of a wide variety of pretty cool offerings having some big impact.

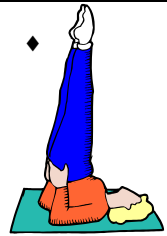
THANK YOU to all who have contributed to SAIL's success these last 20 years. In these tough economic times, we count on all of you more than ever. ***Alone our power is limited, but together we make a world of difference right here in Southeast.***

Join us for celebratory events throughout the month.
On October 12th, we will have our Annual Dinner and Auction!
6-9 pm at Centennial Hall. Get your ticket NOW at sailinc.org or by calling 586-4920.



Wellness Corner

Are you snacking well?



Many of us snack between meals, this can be a good way to not pig out at meal time and keep your energy levels at their peak. That and lots of water of course!

The question is, what are you snacking on? Are you snacking on potato chips and candy bars, crackers and breads? If so, you might find that you're hungry again not long after you snack, you may even be tired!

What's the remedy? Protein! Try snacking on foods that are high in protein and low in sugars. This will give you more energy during the day and help your overall health. Here are some quick and easy options!

- Hard boil some eggs and leave them in your fridge, grab them for a snack when you're on the go!
- Yogurt is a great protein filled snack, but watch for sugar – some yogurt has a lot! Try plain yogurt and add some fresh or frozen fruit.
- Nuts! A handful of nuts goes a lot way! Try keeping a bag of them in your pack or your purse, so you have them in a pinch.
- A couple slices of cheese or a small serving of cottage cheese is another easy way to get some protein.
- Apples and peanut or almond butter is another quick and easy way to get a shot of protein without doing much work. Slice up some apples and keep a jar of whatever nut butter you like in your office, use a couple teaspoons on your sliced apples for a snack. You can also do this with rice cakes!

Enjoy these snacks in moderation to help you keep up your energy throughout the day!

SAIL SUPPORT GROUPS

SAIL is creating a Consumer Advisory Group, where SAIL consumers can share their thoughts and ideas about SAIL, its programs, and ways to improve the quality of life for individuals with disabilities and seniors served by SAIL. If you are interested in serving on the Consumer Advisory Group, call Jorden Nigro at [907.586.4920](tel:907.586.4920) or email her at jnigro@sailinc.org. We hope to have the first meeting of the Consumer Advisory Group in January, 2013.

- ♦ ORCA, Outdoor Recreation Community Access, Jnu,Sit,,Ktn
- ♦ Low Vision, Juneau, Sitka
- ♦ SOAR, Senior Outdoor Access to Recreation, Jnu,Sit,Ktn
- ♦ Advocacy and Leadership, Ketchikan
- ♦ Adult Adaptive Activity & Recreation, Ketchikan
- ♦ Neuroscience of Everyday Life 36 wks, Ketchikan
- ♦ Senior Hiking Club, Sitka
- ♦ Two Deaf Support Groups in Juneau, AM & PM
- ♦ Interpreter Group, Juneau
- ♦ Bi Polar Disorder and Depression, Juneau
- ♦ MAC, Juneau
- ♦ YAC, Juneau
- ♦ Healthy Choices, Juneau

To reach our Loan Closet **Hearing callers** can use **1-800-478-7245**. **TTY users** can use 711. n
Please email your interpreter requests to IRL@sailinc.org

For interpreter requests after work hours, holidays or weekends, use the IRL cell/text:
907-321-4085.

News from ORCA Land



ORCA Volunteer profile

Meet Megan Ahleman, a para-educator and kayak guide in Juneau. Megan has been living in Juneau for almost six years and loves being outside and active. This year, wanting to beat the winter blues, she decided to volunteer for the adaptive ski program. She was already familiar with some of the ski participants and decided it was also about time she learned how to

downhill ski!

Megan had heard of the ORCA ski program several years ago and 2012 was the first year she committed to volunteering. Though the ideas of early mornings on the weekend was a bit of a deterrent, Megan says “the closer I got to that last rise in the road, just before the parking lot, I realized how jazzed I was to be able to spend every second of the winter daylight hours outside playing in one of the best playgrounds in the world. All with a good buddy, or two, close by!”

To those thinking about volunteering for the ORCA program, Megan offers these words of advice, “GO FOR IT!! It's a great opportunity to meet some of Juneau's finest people doing some of Juneau's finest activities!”

New SAIL Faces

SAIL is happy to introduce several new staff to the agency.

- Emily Chapel, Independent Living Advocate: Recreation Specialist, Ketchikan
- Whiney Johnson, Sitka Program Director, Sitka
- Nick Ponzetti, Jesuit Volunteer, Sitka
- Margaret Sebens, Independent Living Advocate, Haines
- Kevin Crowley, Jesuit Volunteer, Juneau

We are lucky to have such talented and dedicated folks on staff. Please stop by and say hi!

**Recent donations have been made in Honor of
Susan and Jerry Macaulay and in memory of Jerry Macaulay.**

To make a donation to SAIL in honor of someone, get help with your will, if you have a Ticket-to-Work, or to request this newsletter in Braille, Large Print, or Email call our offices. Juneau: 1-800-478-7245; Ketchikan: 1-888-452-7245; Sitka: 1-888-500-7245. You may also download the newsletter at our website

www.sailinc.org



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CHANGE SERVICE REQUESTED

Fall 2012 Calendar of Events

10/8-10/10	<i>Advisory Board on Alcoholism and Drug Abuse and Alaska Mental Health Board, quarterly mtg., Talkeetna</i>
10/12/12	SAIL 20th Anniversary Celebration , Centennial Hall, Juneau
10/23-25	<i>22nd Annual Alaska Community Transit Conference, Anchorage</i>
10/26-27	<i>Statewide Independent Living Council, quarterly mtg., Anchorage</i>
10/25-26	<i>Suicide Prevention Council, quarterly mtg., Anchorage</i>
10/30-31	<i>State Plan for Independent Living, SE community forum, Centennial Hall, Juneau</i>
11/15/12	<i>Alaska Mental Health Trust Authority Board of Trustees mtg., Anchorage</i>
12/4-12/5	<i>Alaska Commission on Aging, quarterly mtg., Anchorage</i>

If you have an event for our calendar, let us know!