

Extreme Ski-a-thon Makeover!

Grand Prize: Two Roundtrip Alaska Airlines Tickets!

Ski-a-thon 2007 is just around the corner and we are already getting excited about some new and fun ideas for this year. We are calling it the *2007 Ski-a-thon Make-over*. For those of you not familiar with the event, Ski-a-thon is SAIL's biggest fundraiser of the year. Here is how it works: individuals collect donations in the form of pledges – you do not have to be a skier to participate, nor a SAIL/ORCA consumer – members of the general public are encouraged to participate!



Individuals who raise the most money receive tremendous prizes donated by local businesses. In addition to the prizes, anyone who collects \$200 or more will get a one-day pass at Eaglecrest, a fantastic Ski-a-thon t-shirt and a ticket to the Ski-a-thon banquet.

What is a Ski-a-thon Make-over? It is time to spice up this long-time favorite event, so we are going to include everything you love about it and more. This year, the prizes will be better than ever, the day on the mountain will be much more than just another ski day, and the banquet will be something the entire community will want to attend! (Hint...auction, gourmet dinner, motivational speaker, music and much more).

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Universal Design for Life

By Kevin Gadsey

When someone says, "It is universally designed," she is talking about a custom-built house, correct? Maybe, but she could also be speaking of a museum display, or measuring cups, or a remote control, or even a microwave. It doesn't even have to be "custom-designed." It should be designed for all people to use immediately without modifications!

But how can a microwave be universally designed? By using the Seven Principles of Universal Design created at N.C. State University:

Equitable Use: Only one microwave exists that works for all people. Make a great microwave once, rather than making a different kind of microwave for every disability or having to add features such as speech recognition, Braille, or flashing lights.

Flexibility in Use: The microwave can be modified easily for people with unique needs. For example,

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Donor Corner: *Giving is Good! Thank you!*

As we gear up for another fundraiser, we would like to take this opportunity to thank our supporters. Every donation, no matter how small, makes a difference in the lives of Southeast Alaskans with disabilities. Thank you!

Ed Roberts: \$5000 or more—Rasmuson Foundation, Holland America Line, Douglas Dornan Foundation, Allen Marine.

Judy Heumann: \$2500 - \$4999—Skaggs Foundation, United Way, Juneau Empire, Alaska Grafix.

Justin Dart: \$1,000 - \$2,499—Sitka Charitable Trust, White Elephant, GCI Communications, Cornerstone Home Health, Eagle Wings Community Church, Juneau Electric, West Michigan Christian Foundation, Paul Douglas, Bob Purvis, Wal-Mart Foundation, Juneau Lions Club, KATH-TV, STAR102.7/MAGIC 100.7, KTOO FM, Alaska Airlines, Polar Graphics, Printing Trade Company, Lee and Christy Hagmeier.

Wade Blank: \$500-\$999—Conoco Phillips, Wells Fargo, Alaska Chapter National Down Syndrome Congress, Coast Guard Women's Association of Juneau, REMAX of Sitka, Alaska Pacific Bank, Juneau Sports Medicine, Teamsters Local 959, Valley Medical, Gastineau Guiding, Temsco Helicopters, Curves for Women, North Star Trekking.

See Page 6 for more donors!

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Deaf Community News

Dates to Remember! By Pam Mueller-Guy

My TTY phone number at work is (907) 523-5285. It is an auto-answer machine while I am away from my desk or out of the office. So watch for news and events, and more in the answer machine! Or email me with questions or requests! psmguy@sailinc.org

Deaf and Hard of Hearing, Late Deafened, and Older Alaskans with Hearing Loss Support Group meets on the following dates: Family & friends are welcome too!

Silent Lunch ~ First Saturday of every month: December 2, January 5, and February 2, 1-2 p.m. at Downtown Bullwinkles, located at 318 Willoughby, from 1-2 p.m.—Remember: No Voice! It costs a penny to talk with voice. Brown bag or order from the menu.

Deaf Coffee ~ Third Friday of the every month 7 p.m. Grandma's Kitchen (beside library)@Mendenhall Mall.

Deaf Social Lab Every Second & Fourth Tuesday: Donna's Restaurant At Airport Mall, 5:30-6:30 p.m.

Sign Language Club at University of Alaska Southeast in Room 105, 4-5:30 p.m. in Library basement December 2 and 9: To help ASL Students practice ASL sign—Everyone one is welcome! For future dates, contact Pam Mueller-Guy via e-mail or call TTY. For hearing callers only, call (800) 915-9831.

Closed-captioned movies have not been set up yet at Gross-Alaska Theater for winter. Remember: Please ask the staff of Gross-Alaska theater to show closed-captioned movies every month!

Come see ASL-speaking Mrs. Santa Claus:

- Saturday & Sunday, December 2 & 3 , 1-5 p.m.
- Saturday & Sunday, December 9 & 10 , 1-5 p.m.
- Saturday, December 16. 11-6 p.m.
- Sunday, December 17, 12-5 p.m.

Interpreter Referral Line—Need a Sign Language Interpreter???

Do you have a job interview, need to go to the doctor's office, APA, Social Security, etc? To schedule an interpreter, call SAIL's IRL coordinator, Pam Mueller-Guy: (907) 523-5285 TTY, (907) 586-4920 Voice/TTY, Fax (907) 586-4980 Monday–Friday from 9 a.m. to 5 p.m. For emergencies, after work hours, on holidays or weekends, use the IRL pager: 463-7490 — if outside of Juneau use (907) 463-7490.

Interpreters! If you are interested in participating in more training that **MAY** be coming up **IF** enough people sign up, please let Pam know ASAP! Without enough interpreters signing up for the training, we cannot afford the materials! So sign up today! Trainings will be specific modules addressing topics such as translating English to ASL; certificates of completion offered by SAIL; approximate cost \$25 per module.

Interpreter Support Group: December 9 at 10 a.m. at Heritage Coffee at Mendenhall Mall: Discuss future workshops, feedback, or problems with interpreting or assessment. Contact Pam with questions or suggestions.

About TTYs: Keep your TTY in case of emergency:

Only a TTY can make 911 calls, not videophones or Alaska Relay. Also use a TTY as a stand-by in case of power outage (TTYs have batteries in them and can continue for a few hours) There are reasons to keep your reliable TTY handy! It's still the only reliable method to receive calls from others. Don't throw it away!

FREE hearing aid batteries: Duracell size 13 - Four packages expiration date March 2007. Contact Pam—first come, first given!

Sorenson Videophone or D-link Videophone applications available through Internet: sorensonvrs.com. Doug Cliff will come down to help set up for Sorenson Videophone after Christmas but he needs more customers first—so please sign up! If you have questions about videophones, contact Pam Mueller-Guy or visit www.c-s-d.org.



Ski-a-thon Makeover (cont.)

Mark your calendars! The Ski-a-thon kick-off party will take place at the Valley Bullwinkle's, on February 8 starting at 6 p.m. There will be FREE PIZZA for anyone who will be collecting pledges. This is our way of saying thank you in advance to all the folks who help support SAIL and ORCA in the Ski-a-thon. This is also where you will receive your 2007 Ski-a-thon pledge packet. We will see you there!

Dates and places to remember: Kick Off Party – February 8 at the Valley Bullwinkles; Ski-a-thon – March 24 at the Eaglecrest Ski Area; Ski-a-thon Banquet - March 25 at Centennial Hall.

THIS NEWSLETTER IS AVAILABLE IN ACCESSIBLE FORMATS UPON REQUEST. PLEASE CONTACT ANY SAIL OFFICE TO REQUEST AN ALTERNATIVE FORMAT SUCH AS BRAILLE OR LARGE PRINT. DOWNLOAD IT ELECTRONICALLY AT WWW.SAILINC.ORG!

Sitka's First Annual Letter Campaign

Thank you, Sitka, for making SAIL Sitka's first annual letter campaign a success! As you know, SAIL depends on your donations to make ends meet and continue providing quality services to Sitkan's with disabilities. SAIL will continue to host the ever popular Only Fools Run at Midnight event/fundraiser in July, so start thinking about your 2007 costume now! Thanks again for your continued support.

Collaboration is Key to Success

Living in a small town makes collaboration with other agencies essential for success. Recently, SAIL has been working closely with Sitka Tribe of Alaska (STA) to assist some of the Alaska Native elders in the community. With the help of STA we have made some great progress in supporting this population. Thanks to the many referrals, we have been able to assist people that otherwise would not have known about SAIL services. When two agencies work together, tasks become more manageable and easier to accomplish. We look forward to our future involvement with STA and are excited about the benefits of collaboration.

39 Pounds of Love

To celebrate National Disability Awareness Month in October, SAIL Sitka collaborated with the Sitka Film Society to show the documentary, *39 Pounds of Love*. The documentary followed the life of Ami Ankilewitz, a man who was diagnosed with Spinal Muscular Atrophy in early childhood and was given only six years to live according to his doctor. Defying prediction, at age 34 Ami goes on the adventure of his life. Ami is full of humor, insight, and perseverance, creating a captivating documentary. The movie was definitely a success, as it was well attended by the community and helped promote disability awareness and education to the general public.

Change of Scenery

SAIL Sitka is moving locations! To better serve the needs in this community, SAIL has hired more employees to better serve our consumers. As a result, we have outgrown our present office space and are scheduled to move a few blocks down the road in the beginning of December. The new location offers a much more spacious work environment and has a beautiful view of Swan Lake. The additional space allows for more consumer confidentiality, with a private meeting room, and provides ample storage space for ORCA gear and our loan closet. We are so excited to have a new office space to better meet the needs of our consumers!



What has Sitka ORCA been up to?

Even though our summer is gone (was it every really here, with all that rain?) Sitka ORCA has been doing our best to enjoy those non-rain days when we can. Some recent updates include; taking a tour through the museum here in town, swinging on the playground while drinking hot chocolate, carving frightening pumpkins, and collecting water from a well surrounded with ice. We visited the Sheldon Jackson Museum and tried all the hands-on activities. After looking at all the artifacts we walked down the hill to enjoy some hot drinks and played on the playground. Many of us had forgotten how fun it is to swing!

We are excited about upcoming activities and trips, such as a possible ski/snowboarding trip to Juneau in early spring of 2007. If you have any interest in attending this upcoming trip, give the Sitka SAIL office a call: (907) 747-6859 or (888) 500-7245. We will send out a flyer as soon as the details of the trip are worked out.

Sitka ORCA Expansion

The Sitka ORCA program is excited to be expanding; we will soon be offering ORCA activities for a wider age range. Starting in January, two new ORCA groups will be present in Sitka. First, through collaboration with Kelli Mclenahan at the University of Alaska Southeast and Rick Peterson at Community Schools, we will be offering a weekly ORCA American Sign Language after-school program for grades two through five. Second, through collaboration with Baranof Island Housing Authority (BIHA) we will be providing ORCA activities for mature Alaskans at the BIHA housing unit. We are happy to be expanding our program to fit our community's needs!



Changing Faces

GOODBYES! **Grace Brooks of Sitka SAIL:** Goodbye and thank you to the SAIL family in Sitka, Juneau, and Ketchikan. I came to SAIL in Sitka as a contract employee in September 2004. I was hired to develop an ORCA program for the Sitka Community. With help from Sierra Kaden and Mary Morgan, the former Sitka JV, we had Sitka ORCA up and running with in a few months. I don't know if anything can become an institution is just two years, but due to the great work of Willow Griffin and Keturah Sadler, Sitka ORCA is an institution. My role with SAIL took many turns during my two years. I thank SAIL family for the opportunity to be a part of such great organization and for teaching me much. Staff and consumers have taught me so much. I do not what I will do next, but I will remain a friend and supporter of the good work of SAIL.

Tonya Curtis of Ketchikan SAIL: I came to Ketchikan with great enthusiasm and now have to make an early departure. I will use the words of a new friend who said to me the first day I really spoke to her about something personal that I was experiencing. "The first step is to admit that you are powerless..." Wow! I really had to ponder that one. I so wanted to stay on with SAIL forever but my life has taken a new turn. I have to follow it for the sake of the needs of my family both immediate and those outside of Alaska for a period of time. My heart is still here with the people that have made me feel needed and useful as a person with a disability who wanted to live and work in this great first city. I will be in touch when the time is right for me to jump back in the saddle. Until then, I have treasured everyday that I have been given to work with people and get to know more about their lives and what is most important to them. I hope this is not too mushy and I will miss working and playing with the Ketchikan SAIL team.

Diane Kenski of Juneau ORCA: ORCA was sad to lose Diane Kenski, an Activity Coordinator for two years, but we were excited to see her head off on yet another adventure. Diane decided to escape the relentless rain in Juneau and accept an AmeriCorps position in Pocatello, Idaho. She is switching from orcas to hogs, as her new position is with CW HOG, a program similar to ORCA, at Idaho State University. We wish her the best of luck!



Ketchikan: Kara Lunde (left) of SAIL/ORCA has moved to Sitka and will continue working with SAIL on a contract basis in the Sitka office. **Lisa Noland**, former ORCA staff, and volunteers, will fill in the blanks until SAIL is able to hire new staff for the Ketchikan office.



WELCOME!

The Juneau ORCA team welcomes **Cheryl Van Dyke** as the Director of Transition, keeping things rolling at ORCA. She'll be planning Ski-A-Thon and covering for Sierra when she goes on maternity leave. She has lots of experience in non-profit management. Her favorite job was mapping brown bear trails across Southeast Alaska. She and her daughter, Wren, are wonderful additions to the ORCA office!



Eric Coufal has joined the ORCA gang as Orca Program Director. Eric moved from Skagway to join the fun here

in Juneau. He worked in outdoor recreation professionally for 15 years and does risk management consulting. Eric spends his spare time skiing, sea kayaking, rafting, and running. He believes recreation is empowering and helps provide balance to our lives.

Juneau Brooke switches positions:

Since May 2004, most of you have known me as ORCA Brooke. Thank you ORCA consumers for all the wonderful memories and great laughter throughout the years. Now to the present and future, I am here to officially and excitedly announce my new position as the Low Vision/Blind Independent Living Specialist & Loan Closet Coordinator.



Changing Places

Juneau

**Low
Vision
News**



- The Juneau support group once known as Older Blind Alaskan's (OBA) has been renamed to the Low Vision and Blind Support group.
- Brooke Munro officially takes over Low Vision/ Blind Support Group & Loan Closet Coordinator position!
- Juneau's Low Vision/ Blind Annual Holiday Luncheon will be held on December 8 at The Little Hong Kong Restaurant in the Mendenhall Mall. Dutch Luncheon.
- The Low Vision/Blind Support group will meet on January 19 and February 16 from 1-2:30 p.m. at the downtown Juneau Senior Center.
- Finally, one of the biggest goals is to recruit and inform more people about the Low Vision and Blind Support group.

Universal Design (cont.)

it can be trained to recognize unique vocal patterns.

Simple and Intuitive Use: Do you need an engineering degree to operate the microwave? The designer should only require one button to be pressed at once, rather than combinations. Use fewer buttons to accomplish the same goals.

Perceptible Information: Create a usable interface so users don't have to guess what a button will do. Using symbols, pictures, words, beeps, and even verbal interface makes it most usable.

Tolerance for Error: Think about Daffy Duck or the Coyote hitting the wrong button. Exploding TNT, anyone?



Low Physical Effort: A user does not need to reach around, under, over, or through the microwave to make it work. It does not require strength, grasping, or pinching to operate.

Size and Space for Approach and Use: Can the user reach a reset button or the plug easily or are they jammed in the back of the unit?

Okay, enough about microwaves! What about homes? A home is universally designed if every member of a family, with or without disabilities, can use features in a home without specialization, modification, or assistance.

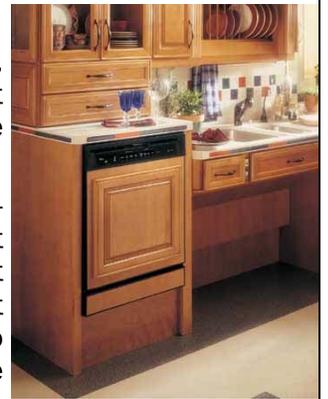
Won't that cost a lot of money? In some cases, yes, but in many cases, no, it will not. It just takes creative thought and looking at the issue from a solution-oriented attitude.

SAIL team members have given several presentations on universally-designed homes in recent months, sharing ideas ranging from pull-out drawers in cabinets to fist-operated light switches. SAIL pushed strongly for zero-step (no steps or ramps) construction and accessible bathrooms, a concept called visitability.



Visitability initiatives are sweeping the nation. Cities like San Antonio and Atlanta, along with several states, have passed laws to require homes and apartments built on city- or state-donated lands or tax breaks to be "visitable," or accessible to owners and visitors. Bolingbrook, Illinois, takes it another step, requiring all new homes to be accessible! Visit the website www.concretechange.org to learn more and see more pictures of this accessible gingerbread house!

AARP.org has numerous articles on ways to make your home more usable for yourself, your loved ones, and visitors to your home. SAIL staff members are available by phone to consult for ideas and solutions. See Web Insights on Page 8 for information on fair housing laws and how they apply to modifications for renters.



Disability Awareness & Mentoring

October was Disability Employment Awareness Month and Disability Mentoring Day. ORCA raised awareness all around Juneau. Throughout the month, several radio stations played public service announcements to raise awareness about disability myths and facts. Window displays were set up at REACH, in the Nugget Mall, and in the Downtown Public Library. These windows featured Adaptive Ski and Recreation Equipment, as well as books and videos available on loan from SAIL. ORCA also offered free screening of *Murderball* and *Rory O'Shea Was Here* to highlight disability issues and promote independent living and recreation.

The main focus of the month was the Disability Mentoring Day on October 17. ORCA worked with local businesses to set up job mentoring experiences for students at JDHS and Transitions School. It was a valuable experience for all the students and business involved. We learned that this experience lead to ongoing work experience between high school students and local businesses during the school week.



SAIL Director Joan O'Keefe honored outgoing SAIL President Paul Douglas at the Annual Meeting in November.

Annual Meeting and Board-Staff Strategic Planning

On November 18, SAIL Board Members and Staff came together to celebrate successes and set goals for the coming year. Committees met to plan strategies in the areas of rural outreach, advocacy, program design, adaptive technology, fundraising, and resource development. The Board Members pictured to the right: starting at the back left, they are Robert Purvis, Suzanne Williams, ED Joan O'Keefe, Paul Douglas, Clark Gruening, Terrence Van Ettinger, Elena Rath, Ann Park, Beth McEwen, and Don Brandon.



More Wonderful Donors to SAIL and ORCA

Judge David L. Bazelon \$100-\$499—Jakes Honda Hut, Alaska Marine Lines, First Bank of Sitka, First Bank of Ketchikan, Southeast OB/Gyn, Sealaska Corporation, AEL&P, Elgee Rehfeld Mertz, Joe Schepps, Hayden and Bonnie Kaden, Juneau Central Labor Council, Kennecott Greens Creek Mining, Lewis Chevrolet, Market Place Cape Fox, Venneberg Insurance, White's Inc., Woman of the Moose Chapter 439, Family Air Tours, Horan and Company, Lakeside Grocery, Ostrov Enterprises, Raven's Roost, Service Auto Parts, Air Excursions, Coast Guard Women's Association of Sitka, Davis Realty, Foreign Auto of Sitka, IBEW Local 1547, Lisa Noland Electrolysis, Samson Tug and Barge, Shattuck and Grummett, Sitka Vision Clinic, Moore Clinic, Alaska Brewery, Copy Works, Fred Meyers, Glacier Bay Sea Kayaks, JRC Alaska Club, Medicine Dragon Massage, Mt. Roberts Tramway, Northern Sales, Wings of Alaska, Wings Airways, Alaskan Hotel, Alaska Fly-N-Fish, Alaska Glacier Seafood, Alaska Travel Adventures, Cameron Heating and Plumbing, Carson Dorn, Civil Claims Service, Family Practice, Foggy Mountain Shop, Four Season's Marine, Good River Bed and Breakfast, Nugget Alaskan Outfitters, Rie Munoz Gallery, Sheinberg Associates, Spickler and Eagan Financial Services, Alex Malter MD, Lonnie Anderson DDS, John and Nancy Eiler, Douglas Weaver DDS, Joan O'Keefe, Janice Goad, Kim Keifer, Elena Rath, and Aleeza St. Clair.

Evan Kemp: \$1-\$99—Safeway, SuperBear, Costco, Alaska Fudge Company, Breeze-In, Doc Waters, Hot Bite, Island Pub, Bear Body Works, Race Realty/Coldwell Banker, Daily Sitka Sentinel, Driftwood Lodge, Glacier Pediatrics, Helen Phillips, Key Bookkeeping, Potpourri Pottery, Princeton Hall, Seventh Heaven, Southeast Alaska Animal Medical Clinic, The Bear's Lair, Two Palms Massage, Gregory Dostal MD, Mary McBride, Mae and Rodney Sunday, and Sierra Kaden.

In Memoriam: SAIL thanks James & Margaret Tyner for their generous donation in memory of Terry Lennon.

A huge THANK YOU to the hundreds of individuals that donate and sponsor participants in our Annual Ski-a-thon every year that are not listed here. We are purchasing new software and starting this year, all SAIL & ORCA donors will be publicly recognized unless otherwise specified. Thank you for your continued support. Together we can truly make a difference in people's lives.



ORCA is looking for volunteers to ski with individuals who experience a disability in our Adaptive Ski Program. If you are a decent skier, like to meet new people, and have fun, this

opportunity is for you! *For every day you volunteer, you earn one free day skiing.* There will be a training day on the mountain scheduled for volunteers. The training is intended for skiers and snowboarders and will be held December 17 from 10 a.m. - 3 p.m. at Eaglecrest. Call ORCA with questions at 586-0104.

ORCA's Purpose: To promote inclusive recreation and adaptive outdoor pursuits for Southeast Alaskans who experience disabilities through outreach, community education, peer support, an independent living skills. **ORCA Services include:** year-round activities, adaptive ski/snowboard school, youth programs, & adventure trips.

Juneau ORCA Meetings for Early Winter

Old man winter has arrived and it's time to ski! Here is the updated info on ORCA activities:

- **Adventure Club** meets on Wednesdays after school.
- **Young Adventure Club** meets one Tuesday per month after school.
- **Healthy Choices** meets two Thursdays per month from 6-8 p.m.
- **Adventure Club** will not be meeting on December 20 or 27 and will resume January 3.

Juneau ORCA had a great Fall filled with tons of fun! Movies, bowling, cooking, and fun added to the Fall colors!



Time to think snow and skis!



The ORCA Jack-o-lantern at the Halloween Party .

Have an idea for an activity? Is there something you want to do that we haven't done yet? Please let us know!



There's always time for one more run!



The first ski day will be December 23 (weather dependent) for those with experience, and on January 6 for all!



Smiles on the Mountain!!



SOUTHEAST ALASKA INDEPENDENT LIVING

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Web Insights: Info Every Renter
with a Disability Should Know

Renters with disabilities have the federal fair housing laws on their side. Did you know that you can legally make any change you need to your unit or request a reasonable accommodation to a policy?

You are required to ask your landlord for permission, but she can't say no! But any change made inside the unit must be restored to the original when vacating the property, unless your landlord says otherwise.

Any modifications made outside the unit can remain, if they add value to the unit like a well-designed ramp does. A landlord must modify a "no pets" policy to allow any type of service animal and can not charge a deposit for the animal.

If your landlord does not follow these laws, you can file a complaint at www.hud.gov or file a lawsuit with the assistance of Juneau's Disability Law Center. Contrary to ADA lawsuits, you may request damages from your landlord in a lawsuit under the Fair Housing laws. Read more at <http://www.hud.gov/offices/ftheo/FHLaws/yourrights.cfm>



LOWE'S NEWS

If you or someone you know temporarily needs equipment from our loan closet (e.g. wheelchair, walker, shower chair, toilet riser, etc.), please note: **we ask that you call in your requests BEFORE visiting our office.** If SAIL can fill your equipment request (wheelchairs are hot ticket items!), your item will be available **the next business day** from 1-5 p.m.

Thank you for your understanding and willingness to call and plan ahead of time. Of course if you have an emergency request, SAIL will do our best to expedite the process. As usual, donations are gladly accepted, please call to inquire about equipment needed or to make a donation.

SAIL Board of Directors

- ▣ Clark Gruening, President
 - ▣ Bob Purvis, Vice President
 - ▣ Terrence Van Ettinger, Secretary
 - ▣ Elena Rath, Treasurer
 - ▣ Beth Chapman
 - ▣ Ann Park
 - ▣ Don Brandon
 - ▣ Suzanne Williams
- Public Participation is encouraged at the monthly board meetings! For more information, call:**

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