



Housing Laws

Disability status is just as protected from discrimination in housing as race. People with disabilities have rights under federal and state law that fall into 2 categories: reasonable accommodation and reasonable modification. Reasonable accommodations refer to changes in landlord policy to make the housing unit livable to a person with a disability. One of the most common examples of this is a “no pets” policy. A landlord is required by law to make “reasonable accommodation” to a person with a disability and allow an official “companion animal” or “service animal.” Landlords are not

allowed to charge extra for this reasonable accommodation. Reasonable modifications refers to structural changes that a person with a disability has a right to ask for. Legally, if the housing unit is privately owned, the renter has a right to accessibility modifications, but they also have the burden to pay to install them and to undo them when they leave. If a housing unit is publically owned, the cost of modification is the burden of the organization that owns the unit. Landlords have a right to ask for something in writing from a doctor saying that a person has a need for an accommodation or

modification, but they do not have a right to your diagnosis. The landlord is also barred from revealing your disability status to anyone. There are resources out there that will advocate for them in cases of housing discrimination. Being a person with a disability should never be a barrier to having a place to live. For more information, contact the Fair Housing Counsel at (315) 471-0420 or fhccny1@aol.com. Also, check out their website at <http://www.cnyfairhousing.org>. There is a lot of good information there. It is based out of Syracuse & was founded in 1991. — From Options for Independence Summer 2008 Volume 14 Issue 2



TOOLS OF KNOWLEDGE

Save Energy, Save Dollars:

Small Examples of How to Save Money in the Home

- Replace one 75 watt bulb with a new 20 watt high efficiency bulb: SAVE \$74 over the life of the bulb
- Reduce TV on-time by 6 hours a day: \$34/ yr.
- Reduce computer on-time by 6 hours / day: \$78 / yr
- Wash 5 loads a week in cold water instead of hot (electrically-heated water): \$172 / yr.
- Reduce electric space heater use by 6 hr. a day: \$48/ mo.

For more info call Cornell Cooperative Extension at 746-2560 or 800-548-0881 or visit the website <http://hes.lbl.gov/> and enter your zip code for calculator there.

Upcoming Events

Valentine's Potluck Luncheon

Friday Feb. 13th
12 p.m. — 2 p.m.

Here at the SAIL Center
71 Glenwood Ave Qsbry

Please bring a dish to share.

RSVP 792-3537 by Wed.
Feb. 11th.

St. Patrick's Day Luncheon

Friday March 13th
12 p.m. — 2 p.m.

Here at the SAIL Center
Corned beef and cabbage.

\$4.00 per person—free for Members

RSVP 792-3537 by Wed.
March 11th.

Spring Potluck Luncheon

Friday April 24th
12 p.m.—2 p.m.

At the SAIL Center in
Queensbury, NY

Please bring a dish to share.

Please RSVP 792-3537 by

Wed. April 22nd.

INSIDE THIS ISSUE:

<i>Computer Class Schedule</i>	2
<i>Great Disability Website</i>	2
<i>Employment Options</i>	2
<i>TRAID/EI: New Items</i>	3
<i>Autism Workshop</i>	4
<i>Our Website</i>	4
<i>Support Groups</i>	5

New 2009 Free Computer Class Schedule



The new schedule for our free computer class has been set for 2009. We teach basic computer skills including Microsoft Word, Publisher, the internet and an introduction to Excel. The classes are held once a week on Tuesdays or Wednesdays from 10 a.m. to 12 p.m. for 6 week sessions. Here is the 2009 schedule:

Tuesdays

January 6 — February 10
 February 17— March 24
 May 31 — May 5
 May 12 — June 16
 June 23 — July 28
 August 4 — September 8
 September 15—October 20
 October 27— December 1
 December 8 — January 12,
 2010

Wednesdays

January 7 — February 11
 February 18 — March 25
 April 1— May 6
 May 13 —June 17
 June 24 —July 29
 August 5 — September 9
 September 16 —October 21
 October 28 – December 2
 December 9 — January 13,
 2010

Current Board of Directors

President: Maurice Victor

Vice President: Darlene Tucker

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 Richard Canale
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“Access Anything” Website Is Great for Accessible Travel

Craig Kennedy, a Glens Falls High School graduate, lives in Steamboat Colorado now and has first hand experience with a disability. He and his wife, Andy,

have set up a website that specializes in the education of all aspects of disability travel. They also specialize in ADA disability rights. So I highly suggest checking

out their website if you are interested in disability sports or travel. It is <http://www.accessanything.net> (hit Ctrl to open link). The website is informatively accomplished.

Employment Options for People with Disabilities in a Worrisome Economy

Working from Home, a Valuable Option When it Becomes Difficult for Us to Travel: There are more opportunities to work from home. Through the wonderful world of the computer, the Blackberry, the fax machine etc., the infrastructure exists to allow us to telecommute. As the cost of driving to work increases dramatically, more employers may offer this option. VESID, 745-5752 is a good resource to help you with employment. **During This Time of Economic Upheaval, One Must learn How to Network to Succeed:** It is imperative that job-seekers develop a tight network of contacts in

their communities that can spring board someone into a job. Volunteer, get involved, go to public meetings, talk to people there. If you impress someone as intelligent and capable, that can lead to employment. It is also important to have a recent resume available at all times while looking for employment. **The One-Stop: a Viable Option When Looking for Employment:** It's important for you to utilize all resources available to find employment. Workforce New York or Warren County One-Stop in Northway Plaza in Queensbury, New York is

another place where you can go when you need assistance to develop a resume, develop interviewing skills and find a job. Contact Nicole Martin at 743-0925 for more information. There are also One Stops in Washington and Saratoga Counties. If you have a mental illness diagnosis, Liberty House, 798-1066, is also a good resource for employment. **Be Optimistic in a Tough Economy.** Optimism can help motivate someone to find a job. We must focus on our abilities rather than the barriers we face. — By Scott Smith of the Westchester Disabled On the Move, Inc. and Peter Welch of SAIL.



TRAID/EI Has Many New Items to Lend

The Capital District TRAIID Project assists persons with disabilities of all ages access services and appropriate assistive technology devices. TRAIID provides services to nine counties which are: Warren, Washington, Saratoga, Albany, Rensselaer, Schoharie, Greene, Columbia, and Schenectady.



What is the Capital District Regional TRAIID Program?

TRAID stands for Technology Related Assistance for Individuals with Disabilities. The goal of the program is to help persons with disabilities of all ages access services and appropriate assistive technology devices. Assistive technology is one way for individuals to lead more independent productive lives.

What are Assistive Technology Devices?

Assistive technology devices are items which can be used to enable people to be more independent in many areas, including the pursuit of educational opportunities, vocational goals, and independent living. Assistive technology includes simple devices such as a cane or other medical equipment, a hearing device or a large print book, as

well as more complex devices including adaptive computer technology, safety and monitoring devices.

What services are available?

- Provide a Device Demonstration
- Provide Information and Referral
- Public Awareness Education
- Early Intervention Assistive Technology Lending Library
- Medical Equipment Lending Library

Who Qualifies for these Services?

General TRAIID Services are available to all residents within the 9 County Region, as well as others who are interested in disability issues, or assistive technology. The Early intervention portion of this project enables us to provide services to infants and toddlers, from birth to three years of age. Please contact the center at (518) 792-3537 for more information. **Office hours:** Monday - Friday 8:00 am — 4:00 pm. For directions, contact the Center.

The TRAIID/EI (Early Intervention) program here is a 30 day loan program or sometimes it's a "first try then buy" situation. Tammy Whitt is the director and we have many medical devices. However, Southern Adirondack Independent Living has purchased many **new items**. Among them are:

- A large print Monopoly game that also has Braille. This game is perfect for those who have sight impairment or are completely blind. In between each property on the board, there is a raised line. The game comes with large cards or small cards and money (which all also have Braille on them), large print properties and raised dot dice.
- Large print Scrabble Game.
- Low vision Checkers
- Low vision table top Chess game
- Cutting board with a pivot knife (the knife is attached by the sharp end and you can cut using the handle).
- Easy dine prep plate which hold the food while being eaten or cut.
- Low vision tactile toaster oven
- 2 syringe magnifiers (just clip it onto the syringe and it magnifies it to see how much insulin you are putting in it)
- 2 talking blood pressure monitors
- 2 swivel seat cushions for effortless movement while in the car. It is also ideal for getting in and out of the car.
- 2 transfer swivel cushions, for example, getting from the tub into a chair
- Removable tub rails attached by suction
- 2 rollators which is a four wheel walker with a seat. We have a bariatric one and also for a tall person
- Reachers which grab for things up high or low.
- Fogless clip-on mirrors for the bathroom
- 2 Reading magnifiers with 360 degree rotation. It also has a stationary base.

Social Skills Training Workshops at SAIL

The Southern Adirondack Independent Living Center (SAIL) is pleased to announce that they will be holding Social Skills Training workshops for children with autism spectrum disorders and a Sibling FUN shop for siblings of people with autism spectrum disorders under a Promoting Possibilities Program through a grant from the Leo Cox Beach Foundation.

The Social Skills Training Workshops will be held on Saturdays starting in February for a six week session with a follow up date as below:

February 7th, 14th, 21st, 28th, March 7th and 14th
 Snow date: March 21st
 Follow up date: April 4th

The morning sessions are for ages 9-12 and the afternoon session is for ages 13-18 years of age. Each session should be run for approximately 2 hours at the SAIL Center at 71 Glenwood Ave. in Queensbury, NY. Helen Bloomer, MS, BCBA will be facilitating these workshops. These workshops are limited to six participants in each session.

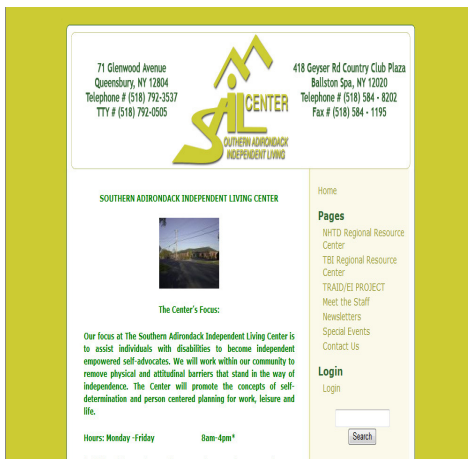
The Sibling FUNshop will be held on Wednesday evenings from 6 pm — 8 pm beginning the first Wednesday in February and continuing for 8 sessions. This program is intended for siblings ages 7—13. Fun activities are planned to provide a safe environment for siblings to express themselves and learn more about autism with others that also live with someone affected by an autism spectrum disorder. FUNshop will not be held during school vacation week.

Sibshop dates: Feb 4th, 11th, 25th
 March 4th, 11th, 18th, 25th
 April 1st

There is no cost for either of these programs.

Presently the sessions are full. If you would like your son/daughter to be placed on a waiting list, please contact Gail Aiken at 792-3537 ext. 326 or email Gail— gaila@sail-center.org

New SAIL Center Website: sail-center.org



The Southern Adirondack Independent Living Center has a new website on the World Wide Web. To get to it just type in sail center in your search engine and it should be about the 6th listing down. Click SAIL Center and up should pop the page that looks like the one pictured here. You can enlarge the picture of the center in the center of the page by clicking on it and the mission statement is located below

the picture. You can click on NHTD (Nursing Home Transition and Diversion) link and get information about that program at the center, and the TBI (Traumatic Brain Injury) Resource Center link where causes of injury are listed among other information. Linkages are also provided. Clicking on the TRAID/EI (Technology Related Assistance for Individuals with Disabilities/ Early Intervention), which loans medical equipment for 30 days while recovering from

the hospital or an injury, button tells about this program here at the center. You can meet the staff on the website and the newsletter is also there. To get to the newsletter, just click “newsletters” then “Access Issue #” then “Access Issue #” again and you’ll get right there. You can also leave a reply or comment for us. On the Home Page are our hours and you can also contact us. You can also link to special upcoming events. Enjoy this new webpage!

Support Groups

MS SUPPORT GROUP (DAY AND NIGHT)

When: 4th Thursday of each month (Day)
Time: 11 a.m.— 1 p.m.
2nd Tuesday of each Month (Night)
Time: 7 — 9 p.m.
***To confirm date, call Lou Ann at 793-9506**
Where: Southern Adirondack Independent Living
71 Glenwood Avenue, Queensbury, NY

Parkinson's Support Group of Saratoga

When: 3rd Monday of every month at 2 pm
Where: Woodland Commons In Saratoga
For more information, call Jacqueline Kelly
at 792-7650

TBI SURVIVOR SUPPORT GROUP

Date: First Wednesday of every month
Time: 1 p.m.— 2:30 p.m.
Where: 12 Church St. Ballston Spa, NY (The
Rectory on the corner of Route 50 and 67
For more Information Call:
518-312-5201

All Caregivers Support Groups

**Support for anyone who cares for an elderly
or disabled family member or friend**

When: 2nd Tuesday of every Month
Time: 6:15 p.m.
Where: Chester Health Center in Chestertown
Call Lynn at 251-2581 for more information
When: 3rd Tuesday of every month
Time: 2 p.m.
Where: South Glens Falls Methodist Church
Call Nancy Cathers at 793-7347

When: 3rd Thursday of every month
Time: 6:30 p.m.
Where: Hudson Falls Public Library
Call Jean Marie Lundgren @ 746-2420

UPSTATE NY AUTISM AWARENESS

3RD MONDAY OF EVERY MONTH
FROM 6 P.M.—9 P.M. W/ GUEST SPEAKERS
FOR INFO, CALL JENNIFER LIVINGSTON @
632-9621 OR KRISTIN HOWARTH @ 743-9727

SELF ADVOCACY SUPPORT GROUP

Date: 1st Tuesday of every Month
Time: 7:00 p.m. — 8:00 p.m.
Where: Southern Adirondack Independent Living
Contact Person: Cheryl Walther @ 743-0158 ext. 121

STROKE SUPPORT GROUP

Support for Stroke survivors and their care givers

- 4th Monday of every month
- 12:00 – 1 p.m.
- 2nd floor Conference Room, Rehabilitation Centers on Bay Rd. (at the Outpatient site)

For Info Call: Laurie Bromley at 926.6110

Cancer Support Group — Daytime

2nd Tuesday of every month
12 noon — Pruyn Pavilion Cancer Center Library
Support for individuals & families diagnosed w/ cancer
For more information, call Karen Cook at 926-6619
Evening Group: 3rd Monday of every month.
7 p.m. in the Library. For information
Call Paul Miller at 926- 6629

Parents Helping Parents SUPPORT GROUP

Date: 1st and 3rd Monday of every Month
Time: 6:00 p.m. — 7:30 p.m.
Where: Center for Children & Families, 926-7100
1 Lawrence St. Glens Falls, NY (call first to register)

ALZHEIMER'S ASSOCIATION

There are several meeting places in the area.
Please call **438-2217** for more information

SIGN LANGUAGE CAFÉ

In Southern Adirondack Independent Living Foyer
1st Friday of every Month
7 — 9 p.m. (Call 761-0554)
Everyone welcome. No talking, ONLY sign language

Southern Adirondack Independent Living

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

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

Mission Statement: Our focus at Southern Adirondack Independent Living is to assist individuals with disabilities to become independent, empowered self-advocates. We will work within our community to remove physical and attitudinal barriers that stand in the way of independence. The center will promote the concepts of self-determination and person centered planning for work, leisure, and life.

If you would like to receive the newsletter by email or if your address changes, and you would still like to receive the newsletter, please let us know.

Thank You To Our Gracious Members

Sustaining Members

The Adirondack Trust Co.

Organizational

Bob Israel & The Inn at Saratoga

Sponsor Member

David Bogue
Barbara Gilbert & Cathy Howland
Interagency Council

Honorary Members

Norm & Nancy Dobert

Partner Members

Dirck & Joyce Harrison
Leland Potter
Bernard Royce Gregory &
Joyce Ann La Farr

Family Members

Janet & Abe Abbott
Boire Family
Gary Banta & Raymond Butler
Muriel & Floyd Fish

Brad & Peggy Frank
John & Kathleen Fullerton
Jim & Pat Gallagher
Katherine Gould
Lou Ann Holt
Nancy, Brian & Tina LaFlure
John & Peggy Mercier
Charles & Alberta Murn
Rich Myette
Richard & Marian Philo
Mary Picciano
Claire & Ernest Pollman
Jim & Patty Porter
Bob, Lois & Jeff Rowe
Ernest & Karma Smith
Tomko Family
Darlene Tucker

Individual Members

Cora Albus
Lillian Beswick
Ed Drozdyk
Wilbur Forrest
Janice Kingsley
Bruce Lanphear

Fran Prevost
Dianna Reed
Ruth Robinson
Helene Rutnick
Donna St. Germain
Kent Sheeler
Louise & John Sobing
Dorothy Tonnesen
Frank Trerise
Maurice Victor
John Vitagliano
Edward V. Wilcenski
Corinne Wiley
Rita Wolfe
Debbie Wood
Barbara Wright

Levels of Membership

\$12 Individual Membership
\$20 Family Membership
\$50 Partner Membership
Over \$50 Donation-Honorary Membership
\$100 Sponsor Membership
\$250 Organizational Membership
\$500 Sustaining Membership

Thank you for your commitment in promoting the independence, equality, and dignity of persons with disabilities by becoming a member of The Southern Adirondack Independent Living Center. Your support as a member allows us to provide services that enable people with disabilities to live as independently as possible. Your support also allows us to advocate for the services and supports that are needed to enable people with disabilities to effectively access and integrate into the community.

Membership Benefits

(All memberships include these benefits)



1. Free Make Your Own Workshop
2. Members Only Events
3. Member Discounts
4. Use of fully accessible building for events as available
5. Invitation to annual membership meeting
6. A right to run for a position on the Board of Directors
7. An opportunity to vote for board members
8. Opportunities to connect with members of the disability community
9. Information on disabilities and services
10. Information on technology and supports for individuals with disabilities
11. Notification of area special events accessible to individuals with disabilities
12. Recognition in the Newsletter



**SOUTHERN ADIRONDACK
INDEPENDENT LIVING (SAIL)**

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

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

Levels of Membership

Name _____	<input type="checkbox"/> \$12.00 Individual
Address _____	<input type="checkbox"/> \$20.00 Family
Phone _____	<input type="checkbox"/> \$50.00 Partner
Email _____	<input type="checkbox"/> Over \$50.00 Donation – Honorary
Date _____	<input type="checkbox"/> \$100.00 Sponsor
<input type="checkbox"/> Cash	<input type="checkbox"/> \$250.00 Organizational Member
<input type="checkbox"/> Check	<input type="checkbox"/> \$500.00 Sustaining Member

SAIL
Fundraiser:
Discounted
tickets to
Great Escape
Weekends in May
For details call
Nancy
792-3537

Cooking With Class

Join us for a 6 week session on learning cost effective ways to shop utilizing food items from food pantries, cooperatives, and local stores. During each session, students will work to prepare an actual 3 course meal and will share in that meal. They will also leave with those recipes and during the last session a local guest chef will be invited to plan and supervise the preparation of the meal. We will be running 4 different sessions to accommodate most schedules. For further details, please contact Shirley, Fred, or Steven at 792-3537.



News Alert: Access Newsletter is now available on line at sail-center.org

Southern Adirondack Independent Living
71 Glenwood Avenue
Queensbury, NY 12804

