

ACCESS



SOUTHERN ADIRONDACK INDEPENDENT LIVING

ISSUE VIII

Editor: Peter Welch

Volunteers Needed!

Are you interested in promoting the dignity, equality and independence of people with disabilities? Do you have an interest in influencing the development of programs and services for people with disabilities of all ages and seniors? Do you have ideas for new programs and services? Are you willing to work with others to bring about positive changes that will benefit you and your community?

If you answered "Yes" to any of these questions, we NEED YOU! We need you as a Board Member or committee member to help us choose action priorities, to develop strategies for action, to assist us with developing new programs, and to advocate for needed improvements

and changes so that programs and services will meet the needs of people with disabilities and seniors in the coming years.

Be part of the solution, and contact Peter at 792-3537 to join others who are interested in volunteering to make a difference. Some of the current issues to be discussed include program development for a Bill-Payor Assistance Program for people with disabilities, as well as a discussion of the proposed cuts to SSI benefits, Special Education services, Legal Services, and Home Care Services recently proposed by Governor Patterson. If these Topics interest you, please call Peter today.



**TOOLS
OF
KNOWLEDGE**

How to Protect Yourself From the Flu

The flu virus can stay active on objects such as a door knob or phone for up to 48 hours. Constantly make it a habit to wash your hands. Anti-bacteria wipes or gels are effective as well. Be cautious of common usage items like computer keyboards, and office phones. Wash your hands with hot water and soap on a regular basis. Good habits can also aid in prevention of getting the flu virus. Any habit that improves and strengthens the immunity system is recommended. To do this, have good nutrition, exercise, get fresh air and stay hydrated. — *By Fred Ratto*

List of Accessible Restaurants in Saratoga Co.

There is now a list of accessible restaurants on the Saratoga County Chamber of Commerce website. Just visit www.saratoga.org/ to access the list. Go to "Where to Eat" under "Visitors And Tourism" and next click on "Handicapped Access Restaurants" to get a list of the county's handicapped accessible eating establishments. We are happy to see this.

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Upcoming Events

Halloween Potluck Luncheon

Friday **October 30th** from 12 — 2 pm

At The Southern Adirondack
Independent Living Center

Bring a dish to share.
Costumes Optional. Prizes for
best costumes!

RSVP by Wednesday 10/28
call 792-3537

Christmas Potluck Luncheon

Friday December 11th from 12 -2 pm

At the SAIL Center: 71 Glenwood
Ave. Queensbury, NY

Please bring a Christmas dish to
share.

RSVP by Wed. 12/9/09
call 792-3537

TRAID/EI from the Perspective of a Local Physical Therapist

Adam Willis, MSPT, of Adirondack Manual Physical Therapy, PLLC provides specialized physical therapy services. He also works for Warren and Washington County Public Health. He has been a physical therapist for 4 years and a physical therapy assistant for 9 years. He says that

TRAID/EI is an invaluable resource. He even says that his job would be harder to do without it. Safety is key for Adam and his patients. He says many people don't have accessible bathrooms and so he often uses tub benches. Insurance companies, who sometimes only cover one piece of equipment a year, will usually

issue a walking device to those who are hospitalized. Bathing devices are usually neglected. This is why Adam says TRAID is such a great resource; because we loan medical equipment for 30 days or more. He has even had equipment for as little as a week. He has also found difficult-to-find items here such as

a shoulder pulley and cryocuffs (icing apparatus). Adam Willis, who has patients all over Warren and Washington Counties, and works mainly in the geriatric community, says that many are not familiar with TRAID/EI and don't know that this resource is out there to help those who need it.

Do not use the oven for additional heat – it is dangerous.



Lower Heating Costs by Following These Tips

In the winter, 60% of a home's energy costs can come from heating, but if you follow these simple energy tips, you can lower those costs.

- Install a programmable thermostat that will automatically lower your heat at night and when no one is home. If you don't have one, do it manually.
- Furniture can block heat from entering the room so keep it 3 feet away from radiators and heating registers.
- Use portable space heaters with caution. They can increase energy costs and pose a safety hazard when used improperly.
- Professionally tune-up furnace & replace the air filter once a month or follow manufacturer's recommendations.
- During each 24-hours, you'll save 3% on your heating bill for every 1° that you lower the thermostat. For example, if you lower the thermostat from 72° to 69° (3°) you'll save 9% (3° x 3%) on your heating bill. That's 9 cents for every dollar spent
- Let sun in to naturally heat the home by opening blinds and curtains during the day.
- Your water heater temperature can be lowered to 120° or the "low" setting. Also placing insulation around your hot water heater can further decrease your costs.
- Make sure your clothes dryer is running efficiently by cleaning the lint trap after every load and use the cold rinse cycle whenever possible.
- Close heating vents and doors in unused rooms.
- Do not open windows if it gets too hot in your home.

Thank You to All Who Gave To Our Silent Auction

AAA Northway
 Adirondack Museum
 Adirondack Theatre Festival
 Lynn Benevento Gallery
 Country Meadows Par 3 Golf
 Dick's Sporting Goods
 Dog Ate My Homework
 Fifty South Restaurant/Bar
 Garden Time Nursery & Garden Center
 Gardenworks
 Garvey Hyundai
 Georgianna Crannell
 GG Mama's
 Glens Falls Ballet
 Global Fitness
 Hair Creations
 Hewitt's Garden Centers, Inc.
 Hoffman Car Wash & Hoffman Jiffy Lube
 The Holiday Inn Turf at Lake George
 KD's Fish Fry
 Menges & Curtis Apothecary
 Milk & Honey
 Old School Designs
 Price Chopper's Golub Foundation
 PROCTORS
 Queensbury Country Club
 The Queensbury Hotel
 Red Lobster

Ridge Street Coffee Co.
 Rock Hill Bakehouse Café
 The Saratoga Hilton
 Steininger's
 Sunnyside Par 3 Golf Course
 Tee-Bird South
 Upper Hudson River Railroad
 Walker's Farm Home & Track

Corporate Sponsors

Platinum

Lake George Steamboat Company

Silver

Glens Falls Printing
 Glens Falls National Bank
 The Adirondack Trust Company

Bronze

David Bogue & Margaret Foote
 R Cohen & Son of Glens Falls, Inc.
 Dobert's Dairy Inc.
 Dick Saunders: State Farm Insurance
 Stewart's Shops
 Robert & Katherine Hughes
 Erie Boulevard Hydropower—LP
 Lewis Construction

An Additional thanks You To

HMS Agency, Inc.
 Glens Falls Animal Hospital LLP
 Abundant Life Chiropractic Center

Set Sail for SAIL Fundraiser Was Great Fun

The Fourth annual Set Sail for SAIL benefit was Friday September 25th on the Lac Du Saint Sacrement in Lake George. It was a lot of fun! The steamboat left the dock for a sunset cruise at 6 pm after

an hour of hors d'oeuvres. Passengers could look over the 79 baskets, 23 donations, and 35 local business-gifts in the silent auction. There were baskets for bidding that suited everyone's tastes.

Door prizes were provided and there was a 50-50 winner. Ray Agnew provided some beautiful music to go along with a delicious dinner. The boat offered some beautiful views of the lake and the event went even smoother this year than

last year. Plan to sail with us next year and bring a friend. We just want to give a special thanks to our sponsors, staff, and everyone who worked tirelessly and effortlessly to make this fundraiser successful.

SAIL STAFF

Executive Director - Karen Thayer

Assistant Director - Anna Livingston

Advocate - Shirley Dumont

Advocate - Claire - Marie Hemmerling

Advocate - Teena Willard (Ballston Spa Office)

Advocate - Dawn Lincoln (Ballston Spa Office)

Executive Assistant - Georgianna Crannell

TRAID/EI - Tammy Whitt

Peer Counselor and Computer Teacher - Peter Welch

Peer Counselor - Steven Johnson (Ballston Spa Office)

Architectural Barrier Consultant - Stephen Chagnon

Receptionist - Mary Lou Pike

Maintenance - Ken Flickinger

TBI & NHTD RESOURCE**CENTER STAFF**

RRDS Manager - Karen Thayer

RRDS - Joy Leiden

ARRDS - Lynn Osterberg

ARRDS - Fred Ratto

QA Coordinator - Nancy Cyr

Nurse Eval. - Gail Aiken

Admin. Assistant - Heather Lamos

“Extra Help” May Help With Paying for Prescription Drugs

People on Medicare may be eligible for “Extra Help” if they have limited income and resources. Extra help can increase their cost savings by paying for part of the monthly premiums, annual deductibles and prescription co-payments under the new prescription drug program. Extra help is estimated to be worth an average of \$3,900 per year.

If you get Extra Help with your Medicare prescription drug plan costs, Social Security may contact you to review your status. This review will ensure that you are still eligible for the Extra Help and receiving all the benefits you deserve. If you are not selected for a review there will be no change in the amount of Extra Help you receive. Reviews are done each year usually at the end of August.

Social Security will contact you by sending you a form to complete called *Social Security Administration Review of Your Eligibility for Extra Help (SSA-1026)*. You will have 30 days to complete and return this form. Any necessary adjustments to Extra Help will be effective in January the

following year. If you do not return the review form, your Extra Help will be terminated in January of the following year.

How will you know what decision Social Security has made about your review? They will send you a letter explaining the decision they have made. If you believe the decision is incorrect, you have the right to appeal it. The letter will also explain your appeal rights.

There are 3 ways to apply for Extra Help: online at www.socialsecurity.gov, by calling Social Security Directly at 1-800-722-1213 to apply over the phone or to request an application, and by applying at your local Social Security office. For more information about getting Extra Help with your Medicare prescription drug plan costs, go online to www.socialsecurity.gov or call Social Security at 1-800-722-1213 (TTY 1-800-325-0778).

Beginning January 1, 2010, changes in the law will make it easier for some people to qualify for Extra Help with their Medicare prescription drug plan costs. Under the

Medicare Improvements for Patients and Providers Act, Social Security will no longer count as a **resource** any life insurance policy **and** they will no longer count as income the help you receive regularly from someone else to pay your household expenses; food, mortgage, rent, heating fuel or gas, electricity, water, and property taxes. This will not change the basic resource and income limits for Extra Help.

To qualify for Extra Help in 2009, your resources still must be limited to \$12,510 for an individual or \$25,010 for a married couple living together. Your annual income still must be limited to \$16,245 for an individual or \$21,855 for a married couple living together. Your income can be a little higher if you support other family members who live with you and have earnings from work. These amounts may change in 2010.

If you have questions or need help filling out the forms, please call 584-8202 for Saratoga County and 792-3537 for Warren and Washington Counties.

SAIL Has A New Staff Member: Executive Assistant

Georgianna Crannell has extensive experience in the Office Administrative field. Most recently, she worked for a real estate firm as an Office Administrator/Transaction Coordinator where among her many duties, she maintained calendars for a broker and 7 agents, scheduled all showings and kept accurate records of all transactions, did

some graphic designing, and maintained the company website. Before this, she worked as an Administrative Aide for the State Emergency Management Office (SEMO). Georgianna has also worked as an Administrative Coordinator for the FEMA Department of Homeland Security, Administrative Assistant/Special Events Coordinator

for MADD NYS and Mildred Elley College, and as a staffing coordinator for CorePay, INC.

Georgianna is happily married, and her proudest moment was having her daughter, Angela Marie, who has been married one year and is a successful cosmetologist. Georgianna loves her son-in-law as well.

She has also acted as a caregiver to her father-in-law for over 4

years. He did so well because he was at home and not in a nursing home. She has lived in Ballston Spa all her life.

What attracted Georgianna to SAIL was our mission, itself. She thinks that it is admirable for people with disabilities to want to live a normal life. She wants to help with that mission. SAIL welcomes Georgianna Crannell!

COMPUTER CLUB

For the novice to the experienced! The Computer Club would like to invite you to join us to learn about different computer topics.

WHERE: Southern Adirondack Independent Living Center Computer Lab

WHEN: 2nd and 4th Friday of every month

TIME: 7:30 pm

Everyone is welcome!



How To Be Assertive

Stand up for yourself by being assertive. To do that:

- 1) Allow yourself to be angry, to say no, to ask for help, and to make mistakes.
- 2) Resist giving into interruptions until you have

completed your thoughts.

- 3) Don't smile too much, nod too much, or drop your eyes when speaking to another person.
- 4) Use I want or I feel statements to help focus your anger

constructively.

- 5) Maintain direct eye contact.
- 6) Listen and let it be known that you have heard what they have said.
- 7) When saying no, be decisive.
- 8) Practice by getting feedback.

Assertiveness doesn't mean aggression. It means standing up for oneself.

Poll Suggests State Needs to Increase Training and Outreach Efforts for New Voting Technology for People with Disabilities

ALBANY – A survey by Zogby International suggests that poll workers and voters with disabilities in New York need more training and effective outreach for the newly installed accessible voting machines (Ballot Marking Devices or BMDs) from the state and county Boards of Elections, according to Brad Williams, Executive Director of The New York State Independent Living Council, Inc. (NYSILC). NYSILC commissioned Zogby International to conduct an interactive statewide post election poll of almost 1,000 voters in New York. NYSILC is a state council that promotes independent living by raising public awareness and pursuing systems change on issues important to people with disabilities. The survey results were contrasted with a similar post election poll in Arizona, a state which Williams says has implemented HAVA requirements in a timely manner and has provided its citizens more education and exposure to the new accessible machines. The groups were asked a disability self-identification question, “Do you have a disability or medical condition that impacts your mobility, hearing, sight, cognitive, or mental abilities?” In New York, eight percent stated “Yes,” 91% responded “No,” and 1% was “Not Sure.” While 8% was a modest response, it is down 1% from a 2006 survey and nowhere near the 17% potential turnout rate of voting aged New Yorkers with disabilities based on Census figures.



New York State has been dragging out the HAVA compliance process. Accessible Ballot Marking Devices (BMD's) were just mandated one per polling place by court order for Primary and Election Days 2008 in New York. In New York, only 8% responded yes to the question, “Were you given the opportunity to vote on a Ballot Marking Device?” Three quarters of the respondents responded “No,” while 17% were “Not sure.” This creates a wide gap between the potential voting age population with disabilities (17% of the population) and a large segment of the citizenry not even offered up the opportunity to interface with the new technology. “Overall, voters with disabilities in New York need more orientation for the Ballot Marking Devices (BMD's) and Boards of Elections must conduct effective outreach and public education regarding the new systems. Poll workers must also receive better training on the use of the new technology and how to better accommodate voters with disabilities,” Williams said. The Federal government recently addressed an omnibus appropriations bill for Federal Fiscal Year 2009, which includes \$12.1 million dollars in HAVA funds for states to promote access for voters with disabilities. New York should use some of these monies to improve its training and outreach efforts.

By Brad Williams of NYSILC

Press Release 3/09

**The new New
York State
accessible
voting
machine**



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

FREE Smokers Quit for Life Support Group

Thursdays from 6:00-7:00 pm

GFH C.R. Wood Cancer Center Library

**To register or for more information call
The Tobacco Cessation Center at 926-5905**

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: 309-4234

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 Chester-
town **Call Lynn at 251-2581 for more info**

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 @ SAIL
71 GLENWOOD AVE. QUEENSBURY, NY
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.
- Rehab unit in Glens Falls Hospital — 3 East

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 info, 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

1 Lawrence St., Glens Falls, (call first to register)

How: Please call Kathy Daly at 926-7100

What: Support & counseling for the whole family.

ALZHEIMER'S Caregivers' Support Groups

**There are several meeting places in the
area. Please call 867- 4999 for more information.**

Dining with Diabetes

Tuesdays 10 am —12 pm

Cynthia Meadows, 22 Woodlawn Ave, Greenwich

To register or for more information, call:

Cornell Cooperative Extension at 746-2560

**SOUTHERN ADIRONDACK
INDEPENDENT LIVING**



71 Glenwood Ave.
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 Geysers Rd.
Ballston Spa, NY 12020
Phone: (518) 584-8202
Fax: (518) 584-1195

SAIL
Motto:
"Changing
Life
Into
Living."

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.

Thank You Members

Sustaining Members

Glens Falls National Bank and Trust
Glens Falls Printing
Lake George Steamboat Co.
The Adirondack Trust Company
William & Elise Widlund

Organizational

David Bogue & Margaret Foote
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Erie Boulevard Hydropower-LP
Lewis Construction
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Nancy Tennyson

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Bernard Royce Gregory & Joyce Ann La Farr

Family Members

Janet & Abe Abbott
Boire Family
Dennis & Cindy Brower
Katherine Doty
Muriel & Floyd Fish
Jim & Pat Gallagher
Ruth & Norman Harvey
Lou Ann Holt
Nancy, Brian & Tina LaFlure
Theresa La Grasse
John & Peggy Mercier
Mitchell Family
Charles & Alberta Murn
Richard & Marian Philo
Jim & Patty Porter
Robin Richards Szabo & Alexander Szabo
Jeff, Lois, & Bob Rowe
Ernest & Karma Smith

Individual Members

Lillian Beswick
Denise Boland
Jeanne Chien
Ed Drozdyk
Wilbur Forrest
Gloria B. Ghiraduzzi
Tammy Groom
June Rause
Anastasia Kristensen
Ralph Mosher
Helen Pearl
Dianna Reed
Kathy Rezendes
Ruth Robinson
Helene Rutnick
Kent Sheeler
Fran Spence
Donna St. Germain
Melissa Strauss
Maurice Victor
Corinne Wiley
Rita Wolfe
Barbara Wright

Membership Benefits

(All memberships include these benefits) Memberships run from October 1st to September 31st

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

418 Geyser Rd.
Ballston Spa, NY 12020
(518) 584-8202

Levels of Membership

- Name _____
- Address _____
- Phone _____
- Email _____
- Date _____
- \$12.00 Individual
- \$20.00 Family
- \$50.00 Partner
- Over \$50.00 Donation – Honorary
- \$100.00 Sponsor
- \$250.00 Organizational Member
- \$500.00 Sustaining Member
- Cash
- Check

Identity Theft

7 Ways Identity Thieves Obtain Your Information:

1) stealing company data 2) pretexting [email spammers] 3) dumpster diving 4) mail theft 5) account takeover 6) skimming [magnetic strip info] 7) raiding your old computer

10 Ways To Protect Yourself

1) Check Financial statements promptly. 2) Watch your credit. Order your credit report each year. 3) Be stingy with information. 4) Just say NO [you can opt out of credit offers by calling 1-888-567-8688.] 5) Don't carry your SS# with you. 6) Shred and destroy. 7) Guard mail. 8) Beware of strange ATMs. 9) watch "Shoulder Surfing." 10) Keep your eye on your card at restaurants and gas stations.

If You Become A Victim

1) Report the crime 2) File a complaint: Internet fraud 1-877-id-theft. Mail Fraud: www.usps.com 3) Alert credit-reporting agencies. 4) Notify banks, creditors, and utilities 5) Order your credit report. NYS Consumer Protection Board—nysconsumer.gov

NATIONAL DO NOT CALL REGISTRY

...

The National Do Not Call Registry gives consumers a choice about getting telemarketing calls at home.



Southern Adirondack Independent Living
71 Glenwood Ave.
Queensbury, NY 12804