



ACCESS



ADA Amendment Act of 2008 helps Workers with Disabilities

President Bush signed the landmark "ADA Amendment Act of 2008" into law on September 25, 2008. This is momentous news for disabled workers as this new law clearly reaffirms the intent of the original legislation by extending benefits/protections to many persons with disabilities not covered under the original legislation. Examples of persons covered under the revised act may include an airline pilot whose hearing is within normal limits with the use of a hearing aide, and a computer programmer whose major depression has been stabilized by medication.

It is major news that both business and disability groups are very pleased with the new bill and the fact that they compromised and collaborated on the wording of the legislation should greatly reduce the number of lawsuits over its implementation. Perhaps the most positive result of the new bill is that its direct and clear language should potentially improve employment outcomes for workers with disabilities. At the present time, 2 out of 3 people with significant disabilities are not employed which is a troubling fact. Congress has clear intentions with this bill now.

-By Patty Black of NYSILC



Symptoms of Hypothermia

1. A sudden change in appearance or behavior
2. Skin that is cool to the touch
3. Drowsiness and difficulty speaking
4. Cold and stiff muscles
5. Shivering
6. Chest pain
7. Slowed breathing
8. A puffy or swollen face
9. Trembling in an arm, leg or on 1 side of the body
10. Difficulty with coordination or balance

If you suspect someone of having hypothermia, call 911.

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Upcoming Events

Valentine's Day Potluck Luncheon

**Friday February 12th
from 12 — 2 pm**

At The Southern Adirondack
Independent Living Center
71 Glenwood Ave. Qsby. NY
Bring a Valentine dish to share.
**RSVP by Wednesday 2/10/10
call 792-3537**

St. Patrick's Day Luncheon

**Wednesday February 17th
From 12pm—2 pm**

At the Southern Adirondack
Independent Living Center
**We will have corned beef and
cabbage and other Irish cuisine.**
\$4 per person
**RSVP by Monday 3/15/10
call 792-3537**

Spring Potluck Luncheon

**Friday April 30th
From 12pm -2 pm**

At the SAIL Center
71 Glenwood Ave.
Queensbury, NY
Please bring a dish to share.
**RSVP by Wed. 4/28/10
call 792-3537**



New ARRDS Staff Member Allison Reynolds



SAIL has a new ARRDS (Assistant Regional Resource Development Specialist) named Allison Reynolds. She was born in Vermont, and graduated from Indian Lake High School. Presently, she's lived in Glens Falls for 9 years. However, She has resided in many other different places including Aruba and Georgia. Allison graduated from Russell Sage College in Troy, NY with a BA in

psychology. She then had an internship at Glens Falls High School with the school psychologist.

She really enjoyed working for the Youth Advocate Program (YAP). She was an advocate there and worked with at-risk kids who were in danger of being placed outside of the home. While there, Allison worked on the Bridges to Health Medicare Waiver Program where she did some counseling among

other things. This is what piqued her interest in working for SAIL. She wanted to advocate for and help people. Allison wanted to assist people in getting services.

An active outdoorswoman, she likes to wakeboard which is waterskiing on a board, hike, snowshoe, and downhill ski. She is happily married and has a yellow Labrador. SAIL welcomes Allison Reynolds.

Letter to TRAIID/EI by Satisfied Consumer



We just wanted to write and thank you for the help your center gave to us. If not for your center, we would not have made it as far as we did in getting my husband home from the hospital. My husband fell approximately 35 feet and was flown to Albany Medical Center on April 18, 2009. He made great progress and was able to be discharged pending if he

had the appropriate items at home for him to function at home. We contacted TRAIID and you gave us a hospital bed and scooter. He was unable to lay flat because of his broken hip and a crushed vertebrae in his back. In the weeks that he was healing, we were able to get him to stores and out of the house because of the scooter you allowed us to use. I believe

that a lot of the healing process is also mental. He was able to be mobile and that made him happy. He had a great attitude and an urge to heal completely! We would, and have, recommended your center to many people. Thank you for your assistance in our time of need. Your center does an amazing thing in helping people! Sincerely, Richard and Tabitha Slater

Beautiful Gift Baskets For Sale at SAIL



Southern Adirondack Independent Living Center has had a tradition of having beautiful staff-made baskets for our silent auction on our SAIL fundraiser each fall. Well, the baskets are so beautiful, creative, and diverse, that people have continually wanted to purchase them. In a word,

they were enormously popular. So we now have some for sale in our foyer at the center. Examples of the baskets are pictured to the left and are called "Elegant Holiday Table" and "Sweet Lavender." "Elegant Holiday Table," which has since been sold, has in it a bottle of Tott's/Brutt Champagne, 4

glasses, a tablecloth, napkins to match, 4 gold/silver napkin rings, a stunning candleholder, taper candles and chocolate truffles. "Sweet Lavender" contains some unique chocolate creations by Georgianna Crannell. So come see what we have available!

Spotlight on Volunteer Ed Drozdyk



Ed Drozdyk has volunteered at other organizations, but especially likes to do so here because he says he likes the place. “SAIL offers many positive opportunities for the disabled community including the MS [Multiple Sclerosis] support group where they have various speakers such as different doctors.” He volunteers because he really just wants to help.

Originally from New York City, he worked for a window contractor in Brooklyn. He is proud to say that he made, designed, and installed custom windows for such celebrities as Barbara Walters and 70’s talk show host Dick Cavett.

Ed moved to this area because he felt he needed to be near his aging parents. It was a difficult decision, but he was glad

to do it.

MS has been Ed’s greatest battle in life, but it doesn’t stop him. It taught him to look at things differently. He is planning on getting a liberal arts degree from ACC. Ed tries to live by his favorite saying by George Bernard Shaw. “We don’t stop playing because we grow old, we grow old because we stop playing.”

SAIL genuinely thanks Ed Drozdyk for all his help.

Disability Positive

Attitude Quote:

“There are two ways of meeting difficulties. You alter the difficulties or you alter yourself to meet them.”

-Phyllis Bottome

Disability Facts

Disability affects hundreds of millions of families in developing countries. Currently almost 10 percent of the total world's population, or roughly 650 million people, live with a disability. In most of the OECD (Organization for Economic Co-operation and Development) countries, females have higher rates of disability than males.

Having a disability places you in the world's largest minority group. As the population ages this figure is expected to increase. Eighty per cent of persons with disabilities live in developing countries, according to the UN Development Program (UNDP). The World Bank estimates that 20 per cent of the world's poorest people have some kind of

disability, and tend to be regarded in their own communities as the most disadvantaged. Statistics show a steady increase in these numbers. The reasons include:

- a) Emergence of new diseases and other causes of impairment, such as HIV/AIDS, stress and alcohol and drug abuse;
- b) Increasing life span and numbers of elderly persons, many of whom have impairments;
- c) Projected increases in the number of disabled children over the next 30 years, particularly in the developing countries, due to malnutrition, diseases, child labor and other causes;

d) Armed conflict and violence. For every child killed in warfare, three are

injured and acquire a permanent form of disability. In some countries, up to a quarter of disabilities result from injuries and violence, says WHO (World Health Organization).

An estimated 386 million of the world's working-age people have some kind of disability, says the International Labor Organization (ILO). Unemployment among the persons with disabilities is as high as 80 per cent in some countries. Of the some 70 million persons with disabilities in India, only about 100,000 have succeeded in obtaining employment in industry.

— f r o m <http://www.disabled-world.com/disability/statistics/>

An estimated 386 million of the world's working-age people have some kind of disability



SSI & SSD Myths & Misconceptions Answered

Applying for social security disability, (SSD) and Supplemental Security Income (SSI) benefits, with or without an advocate, can be difficult due to how long a claim may take and the high chance of being denied. But those who are denied Social Security can win benefits by utilizing the appeals process. To increase the chances of winning, applicants should learn the system and file an appeal when a claim is denied. There are some myths about SSI and SSD. Here are some of those myths answered.

1. **MYTH:** Social Security denies everyone the first time they apply for disability.

The answer to this myth is **absolutely not**. The Social Security Administration has no regulation, policy, or formula that influences the disability system. However, nationwide, about 70% of all disability claims are denied on the first application filed with the social security administration. Since so many claimants who are denied the first time they apply never realize what they should do to improve their chances (follow the appeals process), the experience of getting denied tends to get repeated fairly often. Basically, to

significantly improve your chances of winning your disability case, you should 1) follow the appeals process and 2) find representation at some point.

2. **MYTH:** Social Security denies you a certain number of times before you are approved for disability. This is absolutely **not** the case.
3. **MYTH:** A statement from your physician supporting your case can *automatically* get you approved for benefits.

Well, in most SSD cases, the eventual outcome will be determined by a thorough review of a claimant's medical history, past and present, and statements from treating physicians will hold a little weight.

4. **MYTH:** Certain conditions, disabilities, medical health problems can get you *automatically* approved for benefits.

The answer to this question is yes AND no. Certain impairments are singled out and specified in the SSA's Impairment Listing Manual (used by DDS disability examiners). And claimants who have **listed** medical problems (i.e. in the

manual) *at the level of specified in the manual* can be approved for benefits somewhat easily. However, the disability evaluation process, even for listing-level impairments, is never automatic. All disability claims are evaluated and scrutinized according to the medical evidence gathered by Disability Determination Services at the Initial Claim and Reconsideration levels and (generally) by a Representative---attorney or nonattorney---at the ALJ hearing level.

5. **MYTH:** The way to appeal a social security claim denial is to file a brand new application.

NO. In fact, this can sometimes be the worst thing you can do. Make full use of the appeals process. What does this entail? Essentially, it involves a mild amount of paperwork (appeals forms for social security and SSI claims are fairly simple and easy to complete); however, at every level of the appeals process, it also involves a lengthy amount of waiting.

6. **MYTH:** Everyone who gets approved for disability receives back pay (past benefits) as

well.

Past due benefits (backpay) are not paid out in every single case. However, since Social Security cases, from start to finish, can take up to three years, *or longer*, to finish, and during that time, the meter is running, so to speak, many applicants do receive back pay. There is an SSA rule that states you must be out of work for at least 6 months and your condition has to be expected for at least 1 year.

7. **MYTH:** You are not allowed to work and have earned income if you are applying for disability.

YES. You may work but, you must be very careful in this regard.

If you have any questions about SSI and SSD, please contact one of our several advocates at the SAIL office nearest to you. In Queensbury, at 792-3537 or in Ballston Spa at 584-8202. They'll be happy to help you.

— f r o m
www.disabilitysecrets.com

Please Save These Dates to Join Us This Year

- February 12 — Valentine's Day Potluck Luncheon**
Friday from 12 pm to 2 pm at The SAIL Center
Please bring a dish to share.
RSVP by Wednesday 2/10/10 call 792-3537
- March 17 — St. Patrick's Day Luncheon**
Wednesday from 12 pm to 2 pm at The SAIL Center
Corned Beef and Cabbage and other Irish Cuisine
\$4 per person
RSVP by Monday 3/15/10 call 792-3537
- April 30 — Spring Potluck Luncheon**
Friday from 12 pm to 2 pm at The SAIL Center
Please bring a dish to share.
RSVP by Wednesday 4/28/10 call 792-3537
- June 12th — Spring Garage Sale**
Saturday from 8 am to 2 pm
At Southern Adirondack Independent Living
Preview on Friday 6/11/10 at Center
One man's trash is another man's treasure.
- July 23rd — ADA Luncheon**
Friday from 12 pm to 2 pm
Enjoy smoked ham and turkey!
\$4.00 per person
Please RSVP by Wednesday 7/21/10 call 792-3537
- September 17th — Fall Potluck Luncheon**
Friday from 12 pm to 2 pm
At Southern Adirondack Independent Living
Please bring a dish to share.
RSVP by Wednesday 9/15/10 call 792-3537
- October 29th — Halloween Potluck Luncheon**
Friday from 12 pm to 2 pm
At Southern Adirondack Independent Living
Costumes Optional. Prizes for funniest,
scariest, and most creative costume!
RSVP by Wednesday 10/27/10 call 792-3537
- December 10th — Christmas Potluck Luncheon**
Friday from 12 pm to 2 pm at SAIL Center
Please bring a Christmas dish to share.
RSVP by Wednesday 12/08/10 call 792-3537

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 Chestertown
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 Geyser 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.

Sustaining Members

Glens Falls National Bank and Trust

Glens Falls Printing

Lake George Steamboat Co.

The Adirondack Trust Company

William & Elise Widlund

Organizational Members

David Bogue & Margaret Foote

Dick Saunders: State Farm Insurance

Dobert's Dairy Inc.

Erie Boulevard Hydropower-LP

Lewis Construction

R. Cohen & Son of Glens Falls, Inc.

Robert & Kathy Hughes

Stewart's Shops

Honorary Members

Abundant Life Chiropractic Center

Norm & Nancy Dobert

Glens Falls Animal Hospital LLP

HMS Agency, Inc.

Rebecca MacLachlan

Sponsor Members

Nancy Tennyson

Bruce Lanfear

Thanks to the Members of SAIL

Partner Member

Bernard Royce Gregory

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 & Sharon Nicholas

Evelyn & Richard Philo

Richard & Marian Philo

Jim & Patty Porter

Robin Richards Szabo & Alexander Szabo

Jeff, Lois, & Bob Rowe

Individual Members

Cora Albus

Lillian Beswick

Jan Bishop

Denise Boland

Jeanne Chien

Ed Drozdyk

Wilbur Forrest

Gloria B. Ghiraduzzi

Tammy Groom

June Krause

Anastasia Kristensen

Jan Ladeau

Ralph Mosher

Helen Pearl

Dianna Reed

Kathy Rezendes

Ruth Robinson

Helene Rutnick

Kent Sheeler

Fran Spence

Donna St. Germain

Melissa Strauss

Maurice Victor

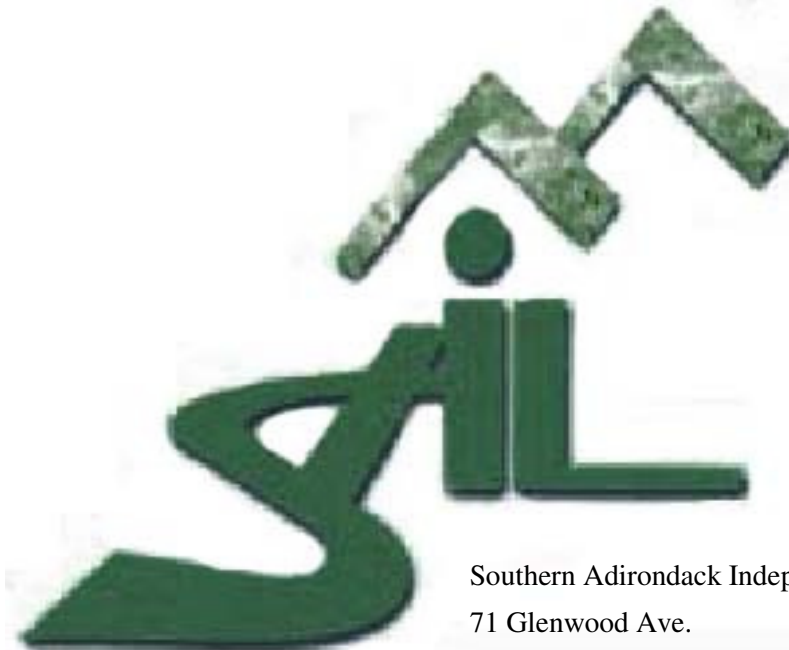
Corinne Wiley

Rita Wolfe

Barbara Wright

Local Scam

Last seen at Friendly's in Saratoga, a new scam has been happening using the public's desire to want to help people with disabilities. A man who is hearing impaired or acts like he is hearing impaired quickly comes into the restaurant. He hands out a card (pictured left) and a pin (also pictured left). He then asks you to give money. When that happens, he takes your money and leaves with it quickly. In most places solicitation is not permitted. This scam has also been reported as happening in grocery stores. So if you see this scam occurring, please tell a manager.



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