

ACCESS



THE SOUTHERN ADIRONDACK
INDEPENDENT LIVING CENTER



**TOOLS
OF
KNOWLEDGE**

**How to
Prevent
Cooking Fires**



1. Never leave cooking unattended.
2. Keep cooking area clean.
3. Do not store flammable objects near stove.
4. Always turn pot handles near center of the stove.
5. Heat cooking oil slowly. Never throw water on oil.
6. Wear short or close fitting sleeves.

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LAWS IMPACTING WORKPLACE FLEXIBILITY

The Americans with Disabilities Act (“ADA”) prohibits discrimination on the basis of disability in employment, public services, public accommodations, transportation, and telecommunications. Under the statute, disability is defined as “a physical or mental impairment that substantially limits a major life activity, ; a record of such an impairment, or being regarded as having such an impairment.” Title I of the ADA specifically prohibits discrimination against qualified individuals with disabilities in the “terms, conditions, and privileges of employment.” The ADA applies to all private employers with 15 or more employees, and all public sector employers. For employees with disabilities,

the ADA provides workplace flexibility by requiring employers to provide “reasonable accommodations” that enable employees to perform their jobs. In general, a reasonable accommodation is any change in the work environment or in the way things are customarily done that allows an individual with a disability to enjoy equal employment opportunities. Reasonable accommodations include flexible work options such as part-time or modified work schedules, shift swapping, telework, allowing an employee to use accrued paid leave or providing additional unpaid leave, and reassignment to a vacant position. An employee, however, must still be able to perform the essential

functions of his or her job. An employer is *not* required by the ADA to provide a reasonable accommodation if doing so would create an “undue hardship” for the employer, which is defined as “significant difficulty or expense.” Undue hardship refers not only to financial difficulty, but also to reasonable accommodations that are unduly extensive or disruptive, or those that would fundamentally alter the nature or operation of the business. An employer must determine, on a case-by-case basis, whether a particular accommodation would pose an undue hardship for its operations.

— From <http://www.law.georgetown.edu/workplaceflexibility2010/law/ada.cfm>

U P C O M I N G E V E N T S

Spring Potluck Luncheon

Friday April 30th
From 12 pm—2 pm
At the SAIL Center
Please bring a dish to share
RSVP by Wed. 4/28/10
Call 792-3537

Spring Garage Sale

Saturday June 12th
From 8 am to 2 pm
At Southern Adirondack Independent Living
Preview on Friday 6/11/10 at the Center
One Man’s Trash is Another Man’s Treasure!
Now Accepting Donations

ADA 20th Anniversary Luncheon

Friday July 23rd
From 12 pm to 2 pm
Enjoy smoked ham and turkey!
\$4.00 per person
Members free
Please
RSVP by Wed. 7/21/10
by calling 792-3537

2010 Board Members

- Maurice Victor
President
- Darlene Tucker
Vice-President
- Susan Sneider
Secretary
- Denis Brower
Treasurer
- David Bogue
- Richard Canale
- John Fullerton
- Corinne Wiley
- Jan Bishop
- Gloria Ghirarduzzi
- Christine Mainella

NEW SAIL STAFF MEMBER

Judith McKinnon is our new MFP (Money Follows Person Project Coordinator) staff member. MFP is a relatively new NYS Dept. of Health Initiative that offers nursing home residents, who qualify, options and choices for community-based living. As a professional nurse, Judith has applied her healthcare background in a number of administrative positions with the non-profit

network of service providers. A nurse-educator, community education specialist, and an Executive Director, Judith has had the opportunity to provide direct services and managerial oversight in several local non-profit organizations including; Community Caregivers, Shenendahowa Adult Community Center, Community Maternity Services and The Council for Prevention. Judith says her new role with SAIL is a wonderful fit for

her background and interest in providing positive preventative and supportive services for individuals and families in their journey towards independence and greater self-sufficiency. Judith says, "SAIL is a great asset to our community and I am happy to be a part of an organization so committed to serving others." We are lucky to have her here at SAIL and we heartily welcome her.

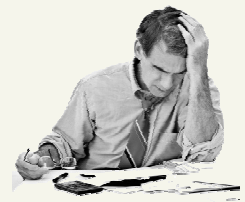
DISABILITY COMIC



HELP WITH BILL PAY OR ASSISTANCE PROGRAM

The Southern Adirondack Independent Living Center has started a brand new program that is designed to help consumers with paying their bills. We would have **NO** access to participant's bank accounts. We will support and help organize to plan for upcoming bills. We want to be clear that we

will not tell people what bills to pay when, but that if you have a problem writing because of a disabling condition perhaps like, MS, we will help write the check for you and you would sign them. This is a supportive program and not a advisory one. For more information, call 792-3537 Monday –



Friday 8am - 4pm. We know there is a great need in this area and really want to help.

VOLUNTEER NORM DOBERT

Norm Dobert has been very active at SAIL for quite some time. He started out in the organization when computer club met at The Glens Falls National Bank in their community room. Then, he befriended a board member in 1993. That board of directors member asked Norm if he wanted to be **on** the

board and Norm said yes. He ended up being a board member for 6 or 7 years & was voted president for a number of them. He enjoyed getting people involved with us here. Norm is owner of the very successful Glens Falls dairy, *Dobert's Dairy* at 68 Third Street. He says of our center, "Every one of the people here

are good. It makes me feel good to come here." Norm has since been instrumental in helping us with our computers. He also still runs our computer club. We really appreciate him here and you can meet Norm Dobert at our monthly luncheons as he's almost always at them. Thanks a lot for all your help Norm!



TRAID / EARLY INTERVENTION PROJECT



The Counties TRAIID/EI Serves

Many don't know that our TRAIID (Technology Related Assistance for Individuals with Disabilities)/EI project also includes Early Intervention. The Early Intervention portion of this project enables us to provide services to infants and toddlers, from birth to three years of age. We do have an Early Intervention Assistive Technology

Lending Library including such devices and toys as, Ready Racers, Jet Mobiles, many different kinds of Switch Toys, and Sensory Kits. So if you know of a child who you think could benefit from this project, please contact Tammy Whitt, who would be happy to help you, at 792-3537 for more information. The office hours are Monday–Friday, 8 am – 4pm.



10 TIPS FOR DEALING WITH STRESS

- (1) If you know there's a chance you might be working late, pack some fruit, nuts and yogurt as alternatives to unhealthy snacks.
- (2) Keep a bottle of water with you during the day and drink regularly to make sure you don't get dehydrated.
- (3) Wear loose fitting, comfortable clothes if appropriate to your workplace.
- (4) Go for a brisk walk at lunchtime. The exercise and change of environment will help keep you fresh.
- (5) Have a good stretch.

- (6) Talk with those around you and if possible have a good laugh. It's amazing how a shared laugh can reduce stress and tension.
- (7) When you get a break, make the most of it by doing something special such as a getting a massage.
- (8) Avoid drugs, caffeine and alcohol. These can mask stress but don't help you deal with the real problem.
- (9) Before you go to sleep, prepare for the following day by writing down a To Do list. Once you have thought about everything you have

to do and got it down on paper you can forget about it and go to sleep. This will help you avoid the endless tossing and turning that often occurs when you are unable to stop thinking about what you need to do.

(10) Ask for help early rather than trying to 'soldier on' by yourself.

From Dr. Anthony Fernando's Dare to Dream
www.anthonyfernando.com

*** PLEASE SAVE THE DATE: SEPTEMBER 11TH SET SAIL FOR SAIL ***

FREE COMPUTER CLASSES FILL QUICKLY

Our free computer classes are held every Tuesday and Wednesday morning throughout the year from 10 am to 12 pm every week in 6 week sessions. **We want to warn people that they fill up very quickly.** So if you are interested in a class, call a couple of **months**

ahead to register. We teach basic computer skills including Microsoft Office Word, Excel, Publisher, PowerPoint 2007 & the internet. We use Windows Vista 2007. The class is very informal and we have space for eight or nine

people. We teach many seniors who don't have experience with newer technology. Some are unfamiliar with how to even use a mouse or pad. Other students know more. We teach at the level of where your computer skills are then. So please sign up today!



We teach basic computer skills to anyone who wishes to learn them.

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

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 pm – 7:30 pm

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

WE'RE ON THE WEB!
SAIL-CENTER.ORG

**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.

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 Members

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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
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Dennis & Cindy Brower
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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
Rich Myette
Richard & Sharon Nicholas
Evelyn & Richard Philo
Richard & Marian Philo
Jim & Patty Porter
Robin Richards Szabo & Alexander Szabo
Jeff, Lois, & Bob Rowe
Ernest & Karma Smith
Tomko Family
Nikki Tortora

Individual Members

Cora Albus
Janice Bedarian
Lillian Beswick
Jan Bishop
Denise Boland
Jeanne Chien
Ed Drozdyk
Wilbur Forrest
Gloria B. Ghiraduzzi
Tammy Groom
June Krause
Anastasia Kristensen
Jan Ladeau
Lois Morehouse
Ralph Mosher
Helen Pearl
Dianna Reed
Kathy Rezendes
Ruth Robinson
Helene Rutnick
Kent Sheeler
Susan Sneider
Fran Spence
Donna St. Germain
Melissa Strauss
Maurice Victor
Carol Wells
Corinne Wiley
Rita Wolfe
Barbara Wright

Moreau Lake State Park Schedule of Events for April 2010

(March, 29 2010 Gansevoort, New York..) Moreau Lake State Park announces the following programs for the month of April.

April 1, 2010	Cottage Park Trail Hike	10:00 a.m.-12:00 p.m.
April 3, 2010	Nature Trail Hike	10:00 a.m. - 12:00 p.m.
April 8, 2010	Egg Craft Day	10:00 a.m. - 12:00 p.m.
April 9, 2010	Mud Pond Hike	1:00 p.m. - 3:00 p.m.
April 10, 2010	Moreau Spring Cleanup	1:00 p.m. - 4:00 p.m.
April 13, 2010	Vernal Pond Hike	1:00 p.m. - 3:00 p.m.
April 15, 2010	Moreau Bike Ride	1:00 p.m. - 2:30 p.m.
April 16, 2010	Turkey Trail Hike	1:00 p.m. - 3:00 p.m.
April 17, 2010	Spring Trails Day	8:30 a.m. - 12:30 p.m.
April 22, 2010	EARTH DAY: Spring Cleanup	1:00 p.m. - 4:00 p.m.
April 23, 2010	Moreau Overlook Hike	1:00 p.m. - 3:30 p.m.
April 24, 2010	Spring Overlook Hike	9:00 a.m. - 12:00 p.m.
April 24, 2010	Moreau Lake Kayak Trip	1:00 p.m. - 3:00 p.m.
April 27, 2010	Potter's Point Hike	1:00 p.m. - 3:30 p.m.
April 28, 2010	Full Moon Hike	7:00 p.m. - 9:00 p.m.
April 29, 2010	Red Oak Ridge Hike	10:00 a.m. - 12:00 p.m.

Programs are weather permitting and are subject to change. Please call the park office to confirm event date, time and location. Participants should be prepared to spend time outside and are encouraged to wear adequate clothing and footwear. There is a program fee of \$2 adults and children and \$1 for seniors. \$5 for half day, \$10 full day or \$25 group prices for entire day. For more info, please contact: Benjamin Snyder at (518)793-0511.