



# SAIL CONNECT



A Seasonal Newsletter from SAIL  
Solutions for Adult Interdependent Living

## LETTER FROM THE PRESIDENT

SAIL starts its new year this September with our first SAILing Lesson scheduled for September 14, 2022. SAIL learned a great deal in our first year in “prime time” and SAIL has taken membership and attendee feedback to structure an amazing 2022-23, filled with events and opportunities aimed at connecting you to resources to create a housing solution for individuals.

You will see that our newsletter has a new look. SAIL is looking to present relevant information in a dynamic and organized way and in an easy-to-read format. Circulation of our newsletter will change to a Fall issue, a Winter issue, and a Spring issue with each issue highlighting what is planned for the upcoming months.

SAIL's goals include bringing people to people and people to resources to help individuals create a housing solution that will allow individuals to live their best, fullest, most independent life. Those goals are met through SAIL's initiatives, Friendship Connect and SAILing Lessons. This year, SAIL will use our initiatives in a collaborative and cohesive way to reinforce themes throughout the year.

We look forward to seeing you in the season ahead.

Kathy Remski  
President, SAIL

## TIP CORNER AND THE PERSON CENTERED PLAN

**DO:** Put the individual first. In person centered planning, groups of people focus on an individual and that person's vision of what they would like to do in the future.

**DON'T:** Assuming that the Person Centered Plan is static, will be a mistake. Individuals evolve and will the Person Centered Plan.

“PERSON CENTER PLAN HAS BEEN DESCRIBED AS ‘A WAY OF DISCOVERING HOW A PERSON WANTS TO LIVE THEIR LIFE AND WHAT IS REQUIRED TO MAKE THAT POSSIBLE’”

(NATIONAL DISABILITY AUTHORITY, 2005).

## **SAIL WEBSITE**

With a year of sailing behind us, SAIL has made a few adjustments to the language on our website to reflect our events and initiatives. Through our initiatives, SAIL hopes to connect families in a meaningful way. Having the website accurately define SAILing Lessons, Friendship Connect, and the vision and mission of SAIL will allow members and potential members to determine what initiatives are important and relevant to them.

“ PERSON CENTERED PLANNING IS AN ONGOING PROBLEM-SOLVING PROCESS USED TO HELP PEOPLE WITH DISABILITIES PLAN FOR THEIR FUTURE.”

PACER.ORG



JOIN SAIL ON  
WEDNESDAY, SEPTEMBER 14, 2022  
FOR THE FIRST  
SAILING LESSON OF THE SEASON

## **CHARTING SAILS' COURSE**

This year, SAIL course has been chartered and the themes for SAILing Lessons and Friendship Connect have been planned. Included below are the SAIL themes and dates for events for the year (2022-23) Additional information and details can be found in the SAILing Lesson Article and on the SAIL website and (SAILhousingsolutions/org) Should you have any topics that you would like to us to consider, please email us at info@sailhousingsolutions.org

### **Part 1**

Understanding the Needs of the Individual: An in depth look at the PCP/IPOS and Support Coordination

SAILing Lessons: Wed., Sept. 14, 2022

Speakers from CLS & MORC

Friendship Connect: Friday, Oct. 7, 2022

### **Part 2**

Finances and Cash Flow: Understanding SSI/SSDI, Bridge Cards, and other benefits

SAILing Lessons: Wed., Nov. 9, 2022

Friendship Connect: Fri., Dec. 2, 2022

### **Part 3**

Assemble Your Crew: Who will support the individual?

SAILing Lessons: Wed., Jan. 11, 2023

Friendship Connect: Fri., Feb. 3, 2023

### **Part 4**

Finding Your Mates/Coming Ashore

SAILing Lessons: Wed., March 8, 2023

Friendship Connect: Fri., March 31, 2023

### **Part 5**

Running a Tight Ship – What happens after I'm gone?

SAILing Lessons: Wed., May 10, 2023

Friendship Connect: Fri., June 2, 2023



## **Membership**

In the Fall of 2021, SAIL offered memberships to families for a yearly fee of \$30. SAILs' membership goal of 30 new families was conservative for our first year. SAIL is excited to share that the goal has been significantly surpassed, The SAIL bylaws, outline the need for a membership meeting which is scheduled for Sunday, Oct. 9, 2022 at First Presbyterian Church in Birmingham. SAIL will present members with SAIL financials, the short-term strategies and plans for the upcoming year. The live meeting will begin at 4:00 pm with a meet and greet and light refreshments.

In the months to come, you will receive reminders that your yearly membership renewal is due by 1/30/23. Details on how to renew will be sent to each member directly. Each paying member has full access to the website, including the complete housing roadmap, free access to events, and the ability to create a friendship profile and connect with others who have done the same. If you are not a member, and join after September 1, 2022, you will enjoy membership benefits until January 1, 2024.

As SAIL grows and its events become increasingly more popular, the need for volunteers to effectively execute SAILing Lessons and Friendship Connect events has increased as well. SAIL is asking for every member to volunteer for one event during the year. Event volunteer opportunities include greeters, name table volunteers, event set up, and event clean up. These jobs are straightforward and require very little time. For those who are interested in becoming more involved with SAIL, there are committee opportunities available as well. Getting involved with SAIL events and committees offers SAIL members the added opportunity to connect with other SAIL members in a casual informal setting. For information on volunteering, please email us at [info@SAILHousingsolutions.org](mailto:info@SAILHousingsolutions.org).

**JOIN SAIL ON  
SUNDAY, OCTOBER 14, 2022  
FOR  
SAILS' MEMBERSHIP MEETING**

ACKNOWLEDGEMENTS  
SAIL WOULD LIKE TO THANK FIRST  
PRESBYTERIAN CHURCH FOR  
GRACIOUSLY ALLOWING US TO  
HOST EVENTS AT THEIR CHURCH.

SAIL WOULD LIKE TO THANK  
CHERYL LOVEDAY, CINDY MERTEN  
AND JOANNE BLAIR FOR THEIR  
UNWAVERING SUPPORT AND  
GUIDANCE FOR THE PAST 3 YEARS.

SAIL VISION  
WE DREAM OF A DAY WHEN ALL  
INDIVIDUALS, WITH THEIR UNIQUE  
ABILITIES AND TALENTS, CAN  
ENJOY LIVES OF INTER-  
DEPENDENCE, EMPOWERMENT,  
AND PURPOSE IN THE  
COMMUNITY OF THEIR CHOICE

FOUNDING MEMBERS  
SUSAN CHAPLIN  
DON AND BARBARA COURTRIGHT  
SARA FENTRESS-GANNON  
DAVE AND HEATHER MINGLE  
ISIDOR AND YOLANDE MUELLER  
TOM AND DIANE MUELLER  
SUSAN AND JACK NANRY  
JIM AND KATHY REMSKI  
LESLIE TONS  
DENNIS AND RO VARLEY



## **SAILING LESSONS 2022- 2023**

Fundamentally, success is the same to all of us: being part of a community, being our authentic selves, living a life of meaning and joy. For individuals with special needs, it is sometimes difficult to imagine and define what that looks like. The 5 SAILing Lessons planned for this year will encourage and inspire families to imagine a new way of living for individuals and themselves.

### **Lesson #1: Understanding the Needs of the Individual**

Experts from MORC (Macomb Oakland Regional Center) and CLS (Community Living Services) will share their approach to “supported success” for I/DD individuals. IPOS, SIS, PCP... what are they, and how do they help families and agencies collaborate to plan and support each individual in their chosen community? Calculated risk will be discussed and how do we support success and mitigate failures. How does everyone involved learn to adjust to new roles and expectations.

**Lesson #2: Finances – How does the cash flow?** In this meeting, we will learn about entitlements, savings, spending and the household budget. How does a person with I/DD support themselves month-to-month while living their best life? What community resources are available to assist? SAIL will look at some household budget examples and discuss making the most of the resources available to the individual.

### **Lesson #3: Assemble Your Crew – Who will support the individual?**

None of us is an island – we all need support. For the individual with I/DD, that support may look different. In this lesson, SAIL will talk about the types of support individuals may require, (hint- it isn't just direct care givers). Parents will be encouraged to look at the bigger picture of their loved one's world, and to consider new ways to leverage those natural and structured supports.

### **Lesson #4: Finding Your Mates and Coming Ashore**

Many individuals will live better lives sharing their living space with others, but how do they find friends and roommates? In this meeting, individuals will learn about SAIL's Friendship Connect Profiles and where the search for potential roommates can start. How are partnerships formed– what questions do I ask the others? SAIL will help individuals envision “the big move”, and identify steps needed to ensure a smooth transition for everyone, and create a well running household.

### **Lesson #5: Running a Tight Ship – What happens when I'm gone?**

It's the topic that keeps individuals awake at night. What can an individual do now to ensure that an individual continues to live comfortably and safely after family or guardians are gone? Experts will talk about Guardianship, Power of Attorney, Succession Plans, and all things future. SAIL will engage in the talk about what no one really wants to talk about so that individuals can get more comfortable and get some sleep!

Please keep an eye on your email, our website ([www.sailhousingsolutions.org](http://www.sailhousingsolutions.org)) and our Facebook page (SAIL-Solutions for Adult Interdependent Living) for details and more information on SAIL events!

### **SAIL AND SIGN UP GENIUS**

**Looking for a way to start the conversation with others to form partnerships?**

**Volunteer to support SAIL's many initiatives.**

**Whether it is greeting members and visitors at an event, supporting an activity at a Friendship Connect event, or helping set up or clean up after an event, you'll have the opportunity to spend time with SAIL Founders, as well as other members.**

**Sign up is easy – and you can sign up for one event or multiple. Keep an eye out for more information.**