



SAIL CONNECT

JOIN US FOR
SAIL SPECTACULAR
FRIDAY, SEPTEMBER 8, 2023
6-8:00 PM
REGISTER AT INFO@SAILHOUSINGSOLUTIONS.ORG

A Seasonal Newsletter from SAIL
Solutions for Adult Interdependent Living

LETTER FROM THE PRESIDENT

SAIL begins its 2023-24 year with energy and excitement for all our members and future members. It's a year of change at SAIL and the theme of *change* will inspire SAIL throughout the year. To quote Socrates, "The secret of change is to focus all of your energy not on fighting the old, but on building the new."

To start the year, SAIL presents ***SAIL SPECTACULAR***, a new event for everyone. Join SAIL on Friday, Sept.8, 2023, from 6-8 pm at First Presbyterian Church in Birmingham for an outdoor event under the stars as SAIL offers families the opportunity to meet other parents while offering activities for SAIL participants. As the stars have guided sailors for many years, SAIL encourages guardians and parents to let this event inspire and guide you on your journey to find a housing solution for your loved one. Make this the year to move forward!

Additionally, SAIL is taking ***Friendship Connect*** on the road, offering events at venues that will facilitate and strengthen friendships while offering parents the opportunity to socialize with other parents. ***SAILing Lessons*** will move to a new venue that meets the needs of our growing membership and the speakers that SAIL has secured for the year.

And new this year, ***Parents Night Out*** -- offering parents a social experience with other parents at a venue that will change each time SAIL hosts an event .

SAIL hopes that the year of change for SAIL will inspire our members to change something that moves your loved one closer to independence, big or small, because as Jack Welch said, " Change before you have to."

Kathy Remski
President, SAIL



ASSISTIVE TECHNOLOGY (AT) INCLUDES ANY TOOL, PIECE OF MACHINERY, PIECE OF SOFTWARE, OR PRODUCT SYSTEM USED TO AUGMENT, MAINTAIN, OR ENHANCE FUNCTIONAL CAPABILITIES OF A PERSON WITH A DISABILITY.

-EMERGEN RESEARCH

THE FUTURE OF TECHNOLOGY FOR INDIVIDUALS WITH IDD

Understanding the breadth and depth of technology as it pertains to individuals with IDD can be overwhelming. Many times, with an individual with IDD, it can be difficult to envision a safe life and the role technology can play. There is no question that the pandemic affected each of us very differently, but there were some positive repercussions from Covid from which our participants can benefit.

1. Online Grocery/Pharmacy Shopping: How to manage dietary needs and medications and physically navigating a store may be a challenge for many. Online shopping with pick-up or delivery can be a convenience for the SAIL participants that normalizes an essential life activity.
2. Tele-Med appointments.
3. Calendar and Scheduling Apps: Each day, we are introduced to new apps to potentially make life easier for us. Finding an app that can provide reminders to our participants, manage schedules of roommates, and allow support staff to leave notes for each other when shift changes occur is a key to providing parents a sense of what's happening in a home without physically being in the home.
4. RING Doorbell, Keyless Entry, and Motion sensors can help create a safe space for SAIL participants.
5. Enabling Tech Clothing: Yes, that's right, tech clothing. From an Apple watch to clothing that is heated, wearables can monitor heart rates, sleep patterns and sugar levels for diabetics.

When technology is discussed, there are some that think that technology would replace direct care workers. Human contact and support is needed when appropriate but trying to maximize independence and normalize our participants' lives happens when staff is used as needed and not necessarily when wanted.

To find out more about technology, attend the SAILing Lesson Event on Dec. 6, 2023 to hear a presentation from SimplyHome. Details on our website.

ANNUAL MEMBERSHIP MEETING

SAIL will host its annual membership meeting on November 8, 2023, at 6 pm at the Chief Financial Credit Union building, 200 Diversion Street, Rochester Hills, MI 48307. SAIL Board members will present a brief financial status and plans for the year. The meeting will be followed immediately by the Arc presentation on its Forever Plan. All SAIL members are invited to attend and participate.

LEARN ABOUT THE ARC'S FOREVER PLAN NOVEMBER SAILING LESSON, NOV. 8, 2023

November's SAILing Lesson will feature a representative from the Arc of Oakland County explaining the features and benefits of the organization's "Forever Plan," formerly called the Ethridge Plan. The Forever Plan exists to provide oversight of an individual's care and services when a family can no longer attend to these matters. This important topic was scheduled for earlier this year but had to be rescheduled because of illness. The meeting occurs on November 8, 6:30 – 8 pm at the Chief Financial Credit Union, 200 Diversion St., Rochester Hills. Invitations will be emailed to everyone on SAIL's mailing list in early October. Please RSVP if you plan to attend.

ENABLING TECHNOLOGY: DECEMBER SAILING LESSON DEC. 6, 2023

SAIL is hosting a virtual presentation by SimplyHome on December 8, 2023, at 6:30 pm, which will help you understand how technology might help your loved one(s) live more independently and safely. Sue Chaplin, a SAIL board and RHS member will also present on the Technology First initiative in Michigan. SimplyHome designs and installs innovative and affordable technology solutions that transform how we care for individuals with disabilities, aging adults, and veterans. SimplyHome's technology empowers individuals to live their own self-determined lifestyle while addressing the concerns of caregivers. SimplyHome is one of several organizations providing this type of service nationally.

Look for an invitation in November to attend either in person or virtually. This SAILing Lesson will be held at the Chief Financial Credit Union 200 Diversion St., Rochester Hills.

NEW LOCATIONS FOR SAIL EVENTS

Please note that SAILing Lessons are moving to a new location: the Chief Financial Credit Union building, 200 Diversion Street, Rochester Hills, MI 48307. In addition, our first Friendship Connect of the season, in October, will be held at the Boys and Girls Club of Troy, 3670 John R Rd, Troy, MI 48083. The First Presbyterian Church of Birmingham has hosted SAIL events for the last four years, for which the Board of Directors is very grateful. We are moving to these new locations to avoid scheduling conflicts and to accommodate large groups in different ways.

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

**BOARD MEMBERS:
SUSAN CHAPLIN
DON COURTRIGHT
SARA FENTRESS-GANNON
HEATHER MINGLE
TOM MUELLER
SUSAN NANRY
JIM AND KATHY REMSKI
JOE SKORNICKA
DENNIS AND RO VARLEY
TIM WEED**

**TO GET INVOLVED, EMAIL SAIL AT
INFO@SAILHOUSINGSOLUTIONS.ORG**

SAIL MEMBERSHIP CAMPAIGN

SAIL is excited to launch its 2023-24 membership campaign! In the months to come, existing members will receive reminders that yearly membership renewal is due by 1/30/24. Details on how to renew will be sent to each member directly. As a reminder, each paying member has full access to the website, including the complete housing roadmap, free access to all SAILing Lessons and Friendship Connect events, and the ability to create a friendship profile for your loved one(s) and connect with others who have done the same. If you are not a member, and join after September 1, 2023, you will enjoy membership benefits until January 2025!

Membership is available to families at the same cost of \$30 per year (no inflation here!). SAIL exceeded its membership goal for 2023, with 129 paid memberships as of June 30, compared to 75 a year earlier. SAIL's annual membership meeting will be held at 6 pm on Wednesday, November 8, 2023, in the Chief Financial Credit Union building in Rochester Hills, 200 Diversion Street, Rochester Hills, MI 48307. All members are welcome. SAIL will make a brief presentation of its financials and plans for the upcoming year. Following the meeting, please join us for a SAILing Lesson at 6:30, featuring a presenter from the ARC of Oakland County on its "Forever Plan."

As SAIL continues to grow and its events become better attended – 92 people showed up at the Ice Cream social in June -- the need for volunteers to effectively run our SAILing Lessons and Friendship Connect events has also increased. For those who are interested in becoming involved with SAIL, committee opportunities are available, including the Friendship Connect Committee and the SAILing Lesson Committee. For information on volunteering, please e-mail us at info@SAILHousingsolutions.org. Thank you and we look forward to seeing you in the new year!

NOT A SAIL MEMBER? JOIN SAIL TODAY!

BY JOINING SAIL, YOU WILL HAVE FULL ACCESS TO THE SAIL WEBSITE INCLUDING THE FRIENDSHIP CONNECT PLATFORM. THE HOUSING ROADMAP AND ALL SUPPORTING RESOURCE DOCUMENTS.

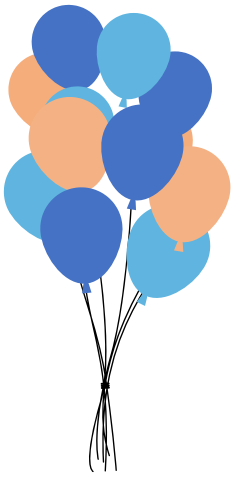


TIP CORNER: STEPS TO INDEPENDENCE

DO: While preparing your loved one to live independently, work to have tasks, no matter how big or small, mastered by your loved one. The tasks can include taking a plate to the sink or folding towels or hanging a coat...it can be anything. Make a chart and celebrate victories that are achieved.

DON'T: Do tasks for your loved one because it is quicker or easier. Independence is achieved step by step and not in one big leap.

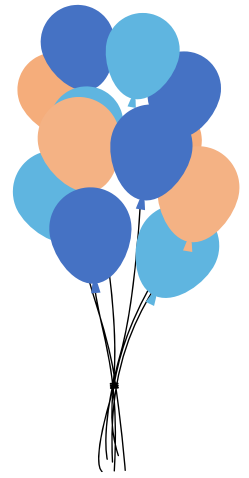
PS. Celebrate your victories, too! Letting go or giving up some control is hard.



SAIL SPECTACULAR – SEPT. 8

Come join us! This is a Friendship Connect event to connect people to people. Whether your loved one is looking to find friends or looking for a roommate, Friendship Connect is a way to help people get started and connect with other families. Meet old friends and make new friends at our fall kick-off event. We will enjoy games while a DJ entertains us. Refreshments will be available. Parents and guardians will have an opportunity to meet others in a fun and relaxed manner.

We will gather in the back parking lot of the First Presbyterian Church of Birmingham, 1669 W Maple Rd, Birmingham, MI, from 6-8 pm, weather permitting. Rain date: September 15. Check the website for updates.



**REGISTER FOR SAIL SPECTACULAR AT
INFO@SAILHOUSINGSOLUTIONS.ORG**

TOGETHER FOR CHOICE CONFERENCE THIS OCTOBER

Together for Choice is hosting a live conference in Las Vegas October 4-6, 2023, entitled, Growing into the Future, which will include speakers and panels addressing IDD housing solutions. Its website states:

“The 2023 Together for Choice Conference will bring together advocates, families and service providers across the country to share ideas and best practices to protect and advance the rights of individuals with intellectual and developmental disabilities to live, work and thrive in a setting of his or her choice. Our goal is to create and expand high-quality options for all people with intellectual and developmental disabilities.”

Many readers have probably attended one or more of TFC’s educational webinars. The conference will be held on the campus of Opportunity Village, a community in the suburbs of Las Vegas that provides jobs, day programming and housing for people with intellectual disabilities. You can still register for the conference on their website [here](#).

RHS MOVES FORWARD WITH IDD NEIGHBORHOODS

Rochester Housing Solutions continues to make progress in securing city approvals for the Walton Oaks and Auburn Oaks locations. Both properties are expected to be ready for ground breaking within the next 90-180 days (weather permitting!).

When completed, these two inclusive neighborhoods will include 24 single family homes and condominiums for adults with disabilities and 39 homes for neurotypical owners. Initial demand has been strong and we now have reservations to purchase for 80% of the units available for residents with disabilities. Rental opportunities are also available.

If you are interested in learning more, please contact Rochester Housing Solutions at <https://www.rochesterhousingsolutionsmi.org/contact-8>

**INTERESTED IN VOLUNTEERING?
EMAIL:
INFO@SAILHOUSINGSOLUTIONS.ORG**

UPDATE ON TECH FIRST IN MICHIGAN

Members of Rochester Housing Solution and SAIL spoke before the Michigan legislature's Care Caucus in June to advocate for funding for enabling technology that will help individuals with IDD increase their ability to live and work independently. In Michigan currently, Medicaid does not pay for any kind of remote supports, tablets, mobile devices or the apps that increase the health, safety and independence of individuals with IDD. Other states have adopted a "Technology First" stance and changed Medicaid waivers to pay for a much broader array of enabling technology, including Ohio, Oklahoma, Tennessee, Missouri and Minnesota.

"In part because of the ongoing direct care personnel shortage, we're gaining some traction in Michigan," said Susan Chaplin, one of SAIL and RHS's tech first advocates. "The Care Caucus was very receptive to our arguments and suggested creating a work group to investigate," she added. SAIL president, Kathy Remski, also spoke and presented a video of her daughter Taylor demonstrating the technology she and her roommates use in the Smart Home apartment in which they live with minimal support from direct care personnel.

Chief Transition Officer for Easterseals-MORC, Dennis Bott, also spoke before the Care Caucus in support of Tech First. "We asked the Care Caucus to create a bill mandating the Michigan Department of Health and Human Services (MDHHS) to adopt Tech First and add enabling technology to the Medicaid waiver," said advocate and RHS member Margaret Overton. "We will be knocking on doors in Lansing this fall to find the right person to write the legislation."

At that point, once a bill exists, advocates plan to create a public campaign of support for the bill. If you are interested in learning more or helping, please email Susan Chaplin at chaplin.susan@gmail.com. Chaplin will be presenting on the use of enabling technology to increase safety and independence at an On My Own webinar on September 21, as well.

SAIL FALL CALENDAR

FOR UPDATES ON SAIL EVENTS, VISIT THE
SAIL WEBSITE
[HTTPS://SAILHOUSINGSOLUTIONS.ORG/EVENTS/](https://sailhousingsolutions.org/events/)

FRIDAY, SEPT. 8, 2023

SAIL SPECTACULAR
6:00-8:00

FIRST PRESBYTERIAN CHURCH, BIRMINGHAM

FRIDAY, OCTOBER 6, 2023

FRIENDSHIP CONNECT
6:30-8:00 PM

BOYS AND GIRLS CLUB
3670 JOHN R RD, TROY

WEDNESDAY, NOV. 8, 2023

SAIL MEMBERSHIP MEETING &
NOVEMBER SAILING LESSONS

SAIL MEMBERSHIP MEETING
6:00-6:30 PM

&

NOVEMBER SAILING LESSONS
6:30-8:00

ARC AND THE FOREVER PLAN
CHIEF FINANCIAL CREDIT UNION
200 DIVERSION ST., ROCHESTER HILLS

THURSDAY, NOV. 16, 2023

PARENTS NIGHT OUT
LOCATION: TBD

WEDNESDAY, DEC. 6, 2023

SAILING LESSONS
ENABLING TECHNOLOGY
6:30-8:00

CHIEF FINANCIAL CREDIT UNION 200
DIVERSION ST., ROCHESTER HILLS

CHECK OUT OUR SAIL CALENDAR FOR
UPCOMING EVENTS