

October Newsletter



United Way SEAK has had an eventful Fall so far with five different Day of Caring events across the Southeast as well as the start of our 2019 campaign.

[Visit our Website](#)



Day of Caring

Thank you so much to all of our volunteers and supporters who came out to our Day of Caring events in Sitka, Ketchikan, Petersburg, and Juneau. Combined, we had over 100 volunteers work on 18 projects across Southeast Alaska.

[Find more pictures on our website](#)



We're Kicking Off Our Campaign!

Please visit our website for our [Campaign Toolkit](#) for information and resources to launch a successful workplace campaign to raise money for local agencies

AmeriCorps Service Spotlight

This month's newsletter we are highlighting Liz Alnutt, who is serving as the Social-Emotional Resilience Coach at Harborview Elementary. She works with children who are feeling upset or disruptive and aims to get them back into a learning mindset throughout the day. Liz also teaches, leads, and facilitates games and activities during recess to help children develop leadership skills.



[Learn more about the AmeriCorps program on the Facebook Page](#)

Partner Agency Spotlight



Southeast Alaska Independent Living (SAIL)

[Visit their website here](#)

This newsletter we will be spotlighting our first partner agency of this series, Southeast Alaskans for Independent Living (SAIL). They work with Southeast Alaskans with disabilities to help them lead the most independent lives possible through a host of programs including a loan closet of medical equipment, ORCA which is a program that provides outdoor recreation opportunities for all abilities, job training programs, support groups, and much more.



SAIL by the Numbers

1600 seniors and people with disabilities served

7 offices in communities throughout Southeast Alaska

19 communities served

36% of those served are Alaskan Native

44% of those served are seniors

1285 pieces of equipment loaned out

Stories from SAIL

Karl was nervous about returning to SAIL's Summer Work Program this year. Although he thought he could do the work, he was worried about having to interact with new People. Karl pushed himself to do his best and today, he says, "I have stronger bonds with the people I worked with."



Besides working on meaningful projects like building trails and maintaining a youth vegetable garden, students learned lifelong job skills like punctuality, clear communication, and reliability, which will help them find success in high school and when they are ready to join the workforce.

Photos courtesy of SAIL

[Visit their website here](#)

Youth worked together throughout the summer and relied on each other for more than just shoveling and weeding. They learned to listen to one another, helped solve problems together, and build trust.

Look at What They Have Coming Up



A Masquerade Benefit for Southeast Alaska Independent Living

UNMASKING DISABILITY

Saturday, November 2nd, 2019 at Centennial Hall. Doors open at 6pm

HONORING:
Gale Vandor & David Ottoson
for empowering people with disabilities

Silent, Live and Dessert Auctions Photo Booth	Music by: Vicki Van Fleet & Jim Noel	Tickets: sailinc.org 586.4920
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