

Setting Sails



A Quarterly Publication For Friends And Consumers of San Antonio Independent Living Services

2025 Fall-Winter

SAILS hosted the 35th Annual Americans with Disabilities Act Celebration with FLAME from New York



Dr. Kitty L. Brietzke,
CEO/Development Officer of SAILS

The excitement abounded with classic songs from the 60's and 70's on Saturday, July 19, 2025 when San Antonio Independent Living Services (SAILS) presented FLAME, the ARC Lexington's band from New York for our 35th Annual Americans with Disabilities Act (ADA) celebration at Morgan's Event Center in San Antonio. FLAME visited San Antonio more than a decade ago and SAILS was pleased to bring them back again. This year's ADA celebration was very memorable as FLAME the band lit up the stage and entertained hundreds of guests. FLAME is composed of musicians with disabilities who are all about igniting change and inspiring everyone around the world. They sure fired up the crowd at Morgan's Event Center!

SAILS ADA Celebration hosted more than 30 resource exhibitors. There were also community awards and drawings for gift cards, gift baskets and prizes! One lucky winner also won \$500 cash! SAILS ADA celebration was 100% free for our guests and included a free lunch too. SAILS looks forward to next year's 36th Annual Americas with Disabilities Act (ADA) Celebration.

Flame The Band Performed at the Event of Americans with Disabilities Act (ADA) 35th Anniversary Celebration



SPREADING hope AND inspiration
THROUGH THEIR MUSIC

Special Thanks To Our Sponsors



A Vehicle Lift and Hoyer Lift for Mr. Douglas Frisby

Jennifer Stephens, IL Outreach Specialist

Douglas Frisby is a 22-year-old man with cerebral palsy residing in Salado, Texas in Bell County. His mother is his caregiver. She reached out to SAILS and requested a Milford lift for her vehicle to assist with getting Douglas in and out of the car from his wheelchair.

She loves it and says it is a great help to her. She also requested an electric Hoyer lift for the home which moves Douglas from room to room. This way he can go throughout the house and be sociable. Douglas is no longer stuck in one room all day.

His mother is so happy for her son and thankful to SAILS.



A Vehicle Lift and a Hoyer Lift for Mr. Douglas Frisby

Going Upstairs and Downstairs Not a Problem Now for Peggy Fouts with her New Stairlift

Virginia Ramirez, IL Outreach Specialist

Ms. Peggy Fouts lives with her daughter who has a two-story house. Her bedroom is upstairs. She says that everything was fine with her walking upstairs until her medical issue and surgery. It was very difficult and unsafe for her to climb upstairs.

SAILS assisted Ms. Fouts in obtaining her stairlift through our contract from Texas Health and Human Services. She relates that the process took a while but it was worth the wait!

She feels very confident using the stairlift and happy that she can live safely in her daughter's home.

Ms. Fouts stated that she is appreciative of SAILS for all the help she received



Going Upstairs and Downstairs: Not a Problem Now for Mrs. Peggy Fouts with her Home Stairlift

SAILS Consumer's Success Stories



A Power Wheelchair and Ramp Helps Mrs. Mayes

by O'Tamia Shepherd, IL Outreach Coordinator

Mrs. Mayes, who resides in McLennan County, Texas is a 48-year-old woman who was assisted by SAILS in Waco with obtaining a power wheelchair and ramp. Her mobility was very limited due to the fact she had a double amputation. She became very depressed as she was confined to her home since 2019. She could no longer take care of herself or enjoy life outside of her home. Everything changed for the better when she received her power wheelchair and ramp. She was finally empowered with her new mobility! She stated, "Thank you SAILS, I really appreciate your services and your help in keeping me out of a nursing home. I am now able to go to the senior center and play bingo."



Mrs. Mayes

A Prosthetic Limb, Gait Training and Quad Cane Aids Mr. Kevin Norton

by Jennifer Stephens, IL Outreach Specialist



Mr. Kevin Norton

Mr. Kevin Norton, a 61-year old resident of Waco, Texas, came to SAILS following a below the knee amputation. Seeking support to regain mobility and independence, he requested and received assistance with obtaining a prosthetic limb and gait training. He also received a quad cane. He has made remarkable progress and can walk independently. He is very thankful to SAILS.

Lunch and Learn with Health Texas



SAILS Staff has a Lunch and Learn meeting with team members of Health Texas

Our Mission:

To advocate for the rights and empowerment of the people with disabilities and to provide needed services to people with disabilities in order to increase their self-determination and independence

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Click link tab "Donate"

SAILS Consumer's Success Stories

35th ADA Anniversary Celebration

Photos by Frank San Miguel



SAILS Board Members & CEO with FLAME the Band



Guests enjoying themselves at the ADA



SAILS Board Chair, Miguel Castro & CEO on stage with FLAME



VFW Color Guard



Judge Ron Rangel receives Public Servant award



Tremmel Brown from VIA Metropolitan Transit receives award on behalf of Jon Gary Herrera, CEO

SAILS Is For Consumers

35th ADA Anniversary Celebration

Photos by Frank San Miguel



FLAME's Drummer, David LaGrange



Mascot Sparky the Dog visits the guests



FLAME the Band performs at the 35th ADA Celebration!



FLAME the Band takes a break and enjoys the ADA Celebration with guests



FLAME's Lead singer Michelle King with SAILS Board member Shawn MacDiarmid



SAILS staff on stage for a photo!

SAILS Consumer's Success Stories

Waco SAILS Staff At Bosque County Health Fair

O'Tamia Shepherd, IL Outreach Coordinator

The Bosque County Health Fair is an annual one day event dedicated to promoting general public health awareness and essential health care information to the local community. The Fair was held at Meridian Civic Center, October 2, 2025 from 11:00am until 4:00pm. Staff distributed more than 100 brochures about Complex Rehabilitation Technology Services provided by SAILS. Twenty-one visitors signed our exhibitor sheets and we will gladly follow up!



Waco SAILS Staff at
Bosque County Health
Fair

Mr. Eddie Howell Can Hear Well Now With His New Hearing Aids

Virginia Ramirez, IL Outreach Specialist

Mr. Eddie Howell expressed his gratitude as he stated, "I would not have been able to get my hearing aids without SAILS helping me." He is very happy that he can now have good conversations without screaming and hear his television without turning it all the way up bothering others. He says he will now lead a normal life and spend unforgettable time with his family without shouting or having to repeat things. He is very happy he will be independent again with his ability to hear! He is grateful to SAILS.



Mr. Eddie Howell

2025 SAILS Open House

On Thursday, September 4, 2025 SAILS CEO, Dr. Brietzke hosted an Open House & 22nd Anniversary Celebration. Staff, Board members, vendors and supporters came to celebrate. Everyone enjoyed the food, entertainment and Silent Auction too.!



Board Chair, Miguel Castro and his family attend
SAILS CEO Open House



Dr. Kitty Brietzke
and her 22nd Anniversary cake

Ms. Ann Hernandez Moves In An Apartment With ADA Accommodation

Kyron Bowman, IL Outreach Specialist

Ann Hernandez is a person with a significant disability. She reached out to SAILS because she felt like she was “shut in” and could not commute freely. She only had access to a small flight of stairs with no ramp access limiting her to go as needed. Many attempts were made to relocate her to an ADA accommodated apartment.

SAILS IL Specialist was able to assist her with advocating for herself and share resources about tenant’s rights. This gave her the confidence to negotiate with her apartment complex management and ultimately get released from her lease. She has since found a small cozy complex that fits all her needs and provides a sense of community too!



Ms. Ann Hernandez

Mr. Thomas Beck Is Happy To Be Relocated Back To His Home

Abel Zamora, Program Director

Mr. Thomas Beck is a resident of Goliad County, Texas. He was living his life there with loved ones; when he became significantly disabled and found himself in a nursing home. His wife, who was by his side the entire time, reached out to his managed care organization who then contacted SAILS. Mr. Beck desperately wanted to leave the nursing home and go back to his own home. SAILS worked hand in hand with social workers and others to coordinate things and transition him back home. Mrs. Beck said, “thanks to SAILS, you all really helped move this along and get him back home.” SAILS looks forward to many more success stories like this one!



Mr. Thomas Beck and his wife

A Very Happy Move to a New Place

by Lorena Hurtado, ILV Specialist

SAILS consumer Mary Guillory says, “ Lorena was very helpful in advocating for me.” Ms. Guillory was so desperate and didn’t know what to do because the leasing office at her apartment ignored her issues for such a long time. I guided her and provided advocacy to assist her with her issues. I was able to assist her in getting a new place to live within a few weeks. Ms. Guillory and her husband are very happy with their new place and gratefully said “thank you SAILS and Lorena!”



Ms. Mary Guillory

Since 1981, SAILS
has worked to make San Antonio
and the surrounding counties
a better place to live, work and play
for people with disabilities

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OTHER FORMATS ARE AVAILABLE UPON REQUEST

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