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Vision

Our vision is for self-advocates to work together to get the support we need to live the life we want in the community.

Mission

Our mission is to speak up for ourselves and each other while working together to make changes in our communities and in Illinois.

An Initiative of the
Illinois Council on
Developmental
Disabilities

The Arc Conference

By Terah Green



The ARC conference was held in Lisle, Illinois on April 27 and April 28. The conference theme was “great expectations, great supports and great success!” It taught me a lot about myself and about how to help others. It also taught me how to become better at speaking. At the conference I got to meet a lot of new people and a lot of people I haven’t seen in a while.

There were break out sessions at the conference. I learned about autism and I learned about dreams and wishes. I went a session for a young woman named Bridget brown who talked about her dreams and her wishes and how she was going to star in the movie called LOL that is coming out this summer. I also learned that she got to meet Hannah Montana (who is also in LOL) and that this was a dream of hers. Another thing I learned about Bridget was that she had a huge support network.

I also went to a break out session called the Power of Dreams by Stephanie Campbell, Leanne Jessie and Krescene Beck. The thing that stuck out to me was that everybody at the conference was for the change in Illinois and had dreams of there own so to close I would like to say dream big! Your dream will come true one day!!!!



The Alliance News

LOCAL ISSUES

Call to Action: Recycling

By Megan Norlin

Hi everyone! Some of you probably know that April 22nd was Earth Day, so I thought our Call to Action should have a green tint to it. We are going to focus on...garbage. Now, I know that doesn't sound very exciting, but before you throw this out, allow me to explain.

We all know that humans generate quite a bit of garbage. But how much of it should really end up at the bottom of a garbage bin? I challenge you to find out. I've come up with a guide, so your group can keep a record of how much garbage you really produce. There is also a chart which is divided into five sections: paper, plastic, aluminum, trash, and other. For one or two weeks, keep track of what you use. For example, if you drink a can of soda.



You'll then go to the chart, find aluminum, and write "one soda can." If you get some junk mail, under paper you will write how many sheets of paper you intend to throw away—include the envelope!

I encourage you to keep as much of your garbage as you can, because once your chart has been filled out, and all your garbage has been collected, your objective then becomes, "What can I make with this?" I can assure you, the possible answers to this question are limitless!

You can make a giant robot out of bottles and cans. You can make notebook covers from cereal boxes, collages out of old magazines, and flower pots out of old yogurt containers. Anything you come up with would be encouraged and welcome, and I hope that you will send me reports or photos of what you come up with so that we can include them in the next issue of the newsletter.

If you chose to take on the project, the packet I will send you will include a recycling guide, chart, some project ideas for what to do with all your garbage, and a short list of other environmental projects you can do if this one is not your cup of tea. Of course you are always welcome to call or write to me with any questions you may have. Phone: (815) 228-9829.

E-mail: hottwheelz702@yahoo.com

As a self-advocate, I know that we have our rights to fight for, but the environment needs some people on its side too. Remember, every little bit helps. Happy recycling!



Have you heard about the Social Challenge? It is a website where you can respond to people across the country who are using the r-word, and tell them how you feel about it! Learn more at:

www.thesocialchallenge.org



The Alliance News

AROUND ILLINOIS

Arc of Illinois' LIFE Campaign

By Bob Peterson

The services we get are funded by the state. The Governor is planning to cut \$76.3 million from our services! We are the ones who are affected when there are cuts. If there are cuts, that would make our lives more difficult!

Self-advocates should join the Arc of Illinois and the LIFE Campaign to work against the budget cuts. The LIFE Campaign is about supporting community services for people with disabilities. We can't do it on our own, but together we are strong! We can join the coalition that already has a plan of what they are going to do and what we need to change.

Some of the things we can do are:

- "Like" the LIFE Campaign on Facebook
- Record "A Day in My Life" video
- Sign the electronic petition on the Arc website
- Write a letter to the editor
- Call or meet with our legislators



The Arc has more information on their website at: www.thearcofillinois.org.

Save the safety net rally!



cuts (see picture on the left).

On Monday, May 16 there was a cross-disability rally against the budget cuts. 100 people came to talk about how they wanted to "save the safety net" of social services. People with different disabilities shared how the cuts would affect them. Our own Terah Green talked about how the cuts would affect her (see picture on right). The group then went outside for a demonstration about the



The event was organized by the Community for All Coalition.



The Alliance News

FUN PAGE

Match Up Fun Page

Draw lines to match the pictures up with the words that go with them!



A person working in the community



A person helping someone with a disability



Apartments

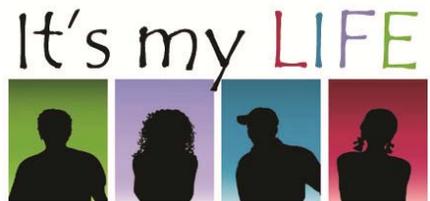


A person saying what they want



Helping hands

Join the Alliance for...



A rally for Self-Directed Supports!

Wednesday, June 15 2011

10 a.m.—2:30 p.m.

Doubletree Hotel

Bloomington, Illinois

There will be music, skits, games, activities, and sharing of ideas!

The event is free, and lunch is included! Please register by May 27, 2011 so we can order the lunches and prepare accommodations.

For more information or to register, contact Krescene Beck at 608-806-9431 or krescenebeck@gmail.com.