



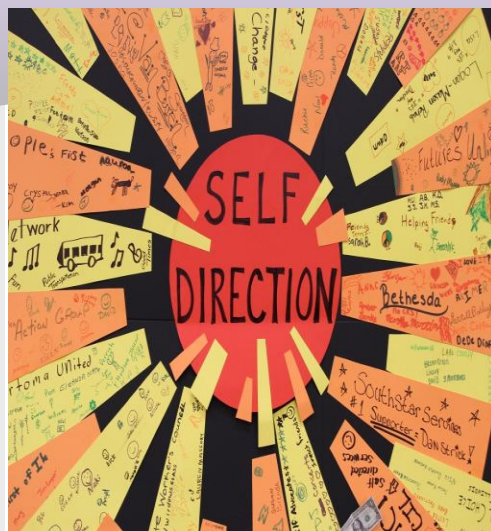
## Vision

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.

The Alliance is proud to be an Initiative of the Illinois Council on Developmental Disabilities



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# SPREAD THE WORD TO END THE WORD®

# 03.04.15

The Alliance wants to know what you did to "Spread the Word to End the Word"! We want to put your stories, pictures and links to your videos in the April newsletter. Just e-mail the information to Krescene Beck at [krescenebeck@gmail.com](mailto:krescenebeck@gmail.com).

Remember, we're a lot stronger when we are working together!

Illinois Self-Advocacy Alliance

PO Box 666 Park Forest, IL 60466 618.806.9431

Email: [krescenebeck@gmail.com](mailto:krescenebeck@gmail.com) Website: [www.selfadvocacyalliance.org](http://www.selfadvocacyalliance.org)

Find us on Facebook at Illinois Self-Advocacy Alliance



The Sibling Leadership Network is studying the support needs of siblings of individuals with disabilities. We invite you to complete this survey and to encourage other individuals you know to participate in the National Survey about Siblings of Individuals with Disabilities, their Support Needs, and their Families. We are looking for people to share their perspectives.

The survey is for the following individuals to complete:

- Siblings of people with disabilities
- People with disabilities
- Parents of people with disabilities
- Professionals working with people with disabilities and their families

This is an online survey; it will take less than 30 minutes to complete. The survey is available in English and in Spanish.

The link to the survey is: <http://tinyurl.com/SibSurveyInfo>.

If you have any questions or concerns or would like the survey in an alternate format, please do not hesitate to contact Meghan Burke at 217-300-1226 or [meghanbm@illinois.edu](mailto:meghanbm@illinois.edu)

### **~ATTENTION ILLINOIS PROVIDERS~**

#### **Introducing a new health promotion initiative!**



The HealthMatters, Illinois! is a health promotion initiative aimed at improving health and health promotion of people with intellectual and developmental disabilities (I/DD) throughout the state of Illinois. HealthMatters Program Team at the University of Illinois at Chicago has partnered with Illinois Disability and Health Program at the Illinois Department of Public Health to assist provider organizations with promoting healthy lifestyles to people with I/DD.

If you are interested in participating in this state-wide initiative and you are administrator or executive director, please take a quick 8-minute survey to evaluate the needs and the capacity for health promotion in your organization: <https://sri.cornell.edu/RapidHMA/Illinois/>.

An informational webinar about HealthMatters, Illinois! Initiative will be held on March 17th (1:30pm-2:30pm) and 18th (10am-11am). Please register to attend at <http://www.healthmattersprogram.org/memoreg.html>.

For more information about HealthMatters, Illinois! please visit <http://www.healthmattersprogram.org>. Please address all questions to Jasmina Sisirak at [jsisirak@uic.edu](mailto:jsisirak@uic.edu).

## COME AND JOIN US FOR THE 2ND ANNUAL GET IT DONE DAY!

Persons of all ages with special  
needs and their families are invited  
to attend this free event.

Hosted by the Madison County Transition  
Planning Committee  
in conjunction with  
Lewis & Clark Community College

DATE: March 16, 2015

TIME: 4:00 p.m. to 7:00 p.m.

LOCATION:  
N.O. Nelson Campus  
600 Troy Road  
Edwardsville, IL. 62025

### Get It Done Vendor List:

- Beverly Farm Foundation
- Catholic Charities
- Challenge Unlimited Inc.
- Community Living Options
- Developmental Disability Services
- D.R.S
- Impact Inc.
- Lewis & Clark Community College
- Madison County STEP
- Madison County Transition Planning Committee
- New Opportunities
- Sivia Law Firm
- Social School
- Trinity
- UPC Heartland
- William BeDell Family Support Unit
- .....Plus Many More

# GET IT DONE DAY

Come and meet the service providers. They will be available to answer questions and provide information to you. Families will be able to begin the process of working with service providers while at this event. Please bring your child's documents: Birth Certificate, State I.D., Social Security Number, Medicaid Number, documentation of disability/I.E.P., and any other documentation that may be needed to complete required paperwork.

Door Prizes will be awarded to attendees who hold a winning ticket !!!!!!!

This event is free to all attendees.

Working together



to GET IT DONE

CPDU's will be available to Educators.



## **The Power of Empowerment: Using Illinois Imagines' Empowerment Guide**

**Make plans to attend an Illinois Imagines 2015 Spring  
Regional Meeting featuring the newest resource**



An empowerment group is a group of women with disabilities who support each other in preventing sexual assault and finding resources to help survivors of sexual assault. Members of empowerment groups work together to make changes in themselves and their communities. The Guide for Starting Empowerment Groups provides structure and content for a 23-session empowerment group for women with disabilities. Each session is described in detail including session plans, materials needed, a script for the facilitator to use, handouts for sessions, and forms to keep group notes and records.

**A time to learn...a time to teach...a time to empower.**

**All participants will receive a copy of the Empowerment Guide.**

## Illinois Imagines Spring 2015 Regional Training Registration Form

You may attend any of locations that work best with your schedule. Circle the date/location you will be attending and complete the registration below, forwarding to Susan Urquhart at Macon Resources, Inc. by fax at 217.875.8899 or return via e-mail to [surquhart@maconresources.org](mailto:surquhart@maconresources.org). **Each person attending the training must register separately. Space is limited; please register no later than one week prior to the training you wish to attend.**

Thursday, March 12, 2015  
9.30am – 12.30noon  
UIC Auditorium  
1640 W. Roosevelt Road  
Chicago, IL

Friday, March 13, 2015  
9.30am – 12.30pm  
OSF Saint Anthony Foundation Room  
5666 East State Street  
Rockford, IL

Wednesday, March 25, 2015  
11.30am – 3pm  
Mosaic  
220 Lafayette  
Macomb, IL

Thursday, March 26, 2015  
11.30am – 3pm  
Savoy United Methodist Church  
3002 W. Old Church Road  
Champaign, IL

Friday, March 27, 2015  
11.30am – 3pm  
Community Resources Center  
904 Martin Luther King  
Centralia, IL

Name: \_\_\_\_\_ Self Advocate      Staff

Illinois Imagines Team Represented (if applicable): \_\_\_\_\_

If Staff, Organization/Agency Represented: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Do you require accommodations during the meeting? Yes \_\_\_\_\_ No \_\_\_\_\_  
(you will be contacted for details)

Are you a self-advocate in the Lake County area? Come to the next meeting of Self-Advocates of Lake County on March 19, 2015 at 10am. The meeting will be held at

Countryside Association  
Lakeside Center  
1301 S Lewis Ave,  
Waukegan, IL 60085

Contact Kristin Krok 847-731-5707 for more information.

**Missed the February Webinar - Fully Alive: Discovering What Matters Most – presented by self-advocates from CTF’s Advocacy Center? Don’t worry...It was recorded!**

The webinar introduced fifteen hardworking self-advocates who have been contributing valuable volunteer services to the Charleston Community. The individuals are uniquely qualified to present their own voices, their own philosophy of what it means to be “Fully Alive” and feel certain that after you listen to them you will be inspired to “discover what matters most” to you!

Check out the two videos referenced in the webinar:

[www.youtube.com/watch?v=DJQ8dTTTHGS8](http://www.youtube.com/watch?v=DJQ8dTTTHGS8) features self-advocate Ravell McDonald giving a presentation to students at Eastern Illinois University in Charleston, Illinois on December 12, 2014.

[www.youtube.com/watch?v=ukCOWtZsZGw](http://www.youtube.com/watch?v=ukCOWtZsZGw) is the R Word Campaign - CTF ILLINOIS Advocacy Video Project.



**Don’t forget to “spring forward” one hour on  
Sunday, March 8, 2015  
to begin Daylight Savings Time!**

**Alliance Address  
Change**

The Alliance’s address  
has changed! We are  
now at

PO Box 666  
Park Forest Il 60466



**The Alliance Staff Contact Information**

Megan Norlin, Advocacy Coordinator  
hottwheelz702@yahoo.com

Tara Wickey, Community Organizer  
tara.advocacy@gmail.com

Krescene Beck, Program Coordinator  
krescenebeck@gmail.com

Leanne Roth, Organizational Coordinator  
leanneadvocacy@gmail.com



**Registration  
NOW OPEN!**



# SAVE *THE* DATE

## Advocacy Day

### March 25, 2015

**& equality  
opportunity  
improved  
quality of life.**

Illinois State Capitol  
Rotunda  
Springfield, Illinois

Speak up and speak out at our annual rally to show support for people with disabilities living in the community.

Going Home is an advocacy campaign dedicated to full inclusion and equality for people with intellectual and developmental disabilities.

For more information call 312-300-6870 or go to [www.goinghomeillinois.org](http://www.goinghomeillinois.org).

**Let's work together for equality for people with disabilities!**

Register online at [www.goinghomeillinois.org](http://www.goinghomeillinois.org). If you need assistance in registering, please contact Krescene Beck at [krescenebeck@gmail.com](mailto:krescenebeck@gmail.com).



**FAMILY SUPPORT  
NETWORK**

**Presentations:**

**Sherrie Schneider, President of Family Benefit Solutions, Inc.** will discuss the who, what, where, when of SSI, SSDI, IL Medicaid, Medicare, how benefits change over a lifetime, how NOT to lose these benefits and what these benefits can pay for!

**Cathy Yadamec, Project Manager Council on Quality & Leadership (CQL)** will educate you on the new CMS regulations and how they will impact people with disabilities, Person Centered Planning, supported decision making and much more!

**Craig Morrison, VP of Operations and Tasha Whiteside, Director of IL Operations, ACCESS** will share information with families/professionals about who ACCESS is and what they do!

**Representatives from various organizations will share with you information about the services they provide.**

# 3<sup>RD</sup> ANNUAL INFORMATIONAL SEMINAR *PARENTS COME OUT AND GET INFORMED!*

**THIS EVENT IS FREE FOR PARENT/LEGAL GUARDIANS WHO ARE NOT PROFESSIONALS AND ARE NOT SEEKING CEUS!**

**THURSDAY  
MARCH 26TH, 2015  
8:30A.M. - 3:30P.M.**

**The Heritage Plaza Banquet  
Facility**

The Bethune Room  
1550 West 95th Street  
Chicago, IL 60643

(Located across the street from Third Baptist Church)  
Free parking in Church parking lot

**NO PARKING IN CURRENCY EXCHANGE LOT!**

**Families ONLY register via email at:**

[Cynthia@familysupportnetwork.org](mailto:Cynthia@familysupportnetwork.org)

Or call  
(708) 331-7370

Shirley Perez, Executive Director

SPONSORED BY





**Be a Part of Advocacy in Action by attending your local Advisory Council Meeting****North Suburban**

To Be Announced  
Community Alternatives Unlimited  
8765 W. Higgins Road  
Chicago, IL

**North Central**

Tuesday, March 3, 2015  
10am  
Freedom Hall (Morton Park District building)  
349 W. Birchwood  
Morton, IL

**Northwest**

Tuesday, March 10, 2015  
4.30pm  
Milestone Training Center  
4504 Shepherd Trail  
Rockford, IL

**City of Chicago**

Tuesday, May 12, 2015  
UIC's Institute on Disabilities and Human Development (Auditorium)  
1640 W. Roosevelt Road  
Chicago, IL

**Central Region**

Thursday, May 14, 2015  
12.30pm  
Centrum Building  
319 East Madison  
Springfield, IL

**Southern Region**

Wednesday, May 20, 2015  
10.30am  
Bel-Air Bowl (downstairs meeting room)  
200 South Belt West  
Belleville, IL

**South Suburban**

Thursday, May 21, 2015  
2pm  
Suburban Access  
900 Maplewood Avenue  
Homewood, IL

Registration fee is **Free!**

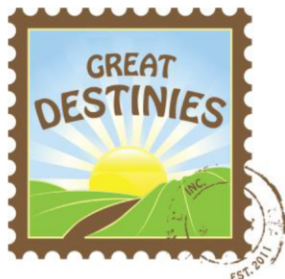
**Money 101** • recognizing money • understanding value of coins and currency • counting money • calculating combined value of coins and currency • knowing if I have enough • using a calculator • purchasing practice

**Money 102** • Counting money • how much money to give to a clerk when change is due • making change to the next coin/dollar (\$5 \$10 \$20) • budget basics • wants versus needs • budget envelope system to use at home • estimating costs • using a calculator • purchasing practice

**Money 103** • budgeting • estimating costs and tax • using a calculator • writing checks and managing a checking account • savings and interest • credit cards • planning for a large purchase • purchasing and selling practice

Participants would benefit who are:

- Age 16 and older
- Able to sustain attention for activities or respond to redirection
- Able to interact with others
- Able to learn in a small group



# The Money Series

**Saturdays 3/28, 4/11, 4/25, 5/2**

**9:00 am to 1:00 pm**

**The Well UCC**

**180 Cottonwood Road Glen Carbon, Illinois**

This series of classes is designed to teach skills that encourage independence in personal finance.

- Scholarships available.
- Discounts available for families who volunteer.
- Volunteers needed
- Donations needed

For more information

Contact Tamara Rampold 618-795-0004

Register by mail or email

Email registration to Rampold.GDI@gmail.com

Mail registration:

TLC • POB 941 • Edwardsville, IL 62025

We are limiting class size to provide enough support for hands on learning. PLEASE REGISTER EARLY.

Expectation is that students will attend all four classes. If there is a schedule conflict with any date, please contact us.

## REGISTRATION for The Money Series 2015

Name \_\_\_\_\_ Age \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Emergency contact \_\_\_\_\_

Registering for \_\_\_101 \_\_\_102 \_\_\_103

Please note: If your child needs assistance for personal care or takes medication, a caregiver will need to attend.