

**Illinois Self-Advocacy Alliance**

## **The Alliance News**

**Issue #91**

**October 2019**



**Coming Soon...**

**a New and Improved  
Illinois Self-Advocacy Alliance Website!**



[www.selfadvocacyallianc.org](http://www.selfadvocacyallianc.org)

Find us and "Like" us on Facebook to keep up to date with information. You can also subscribe to get regular emails from our Learning and Advocacy Information listserve by sending an email to [info@self-advocacyalliance.org](mailto:info@self-advocacyalliance.org) with "Add Me To The Learning and Advocacy Information Listserve" in the Subject Line.

### **Our Vision**

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

### **Our Mission**

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



This newsletter was developed under an investment by the Illinois Council on Developmental Disabilities

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## Self-Advocacy Spotlight!

My name is Sarah Mathis and I am a self-advocate and member of CIA (Change to Independence Altogether) self-advocacy group.



To me, self-advocacy means speaking up for others and speaking up for more money. My gifts and talents include dancing, acting, painting and singing. My hopes and dreams are to take a trip to Disney World.

### Self-Advocate Interview: Lisa

"I like to exercise and watch TV, and I dream of going to Texas. Self-advocacy means being brave and speaking up; also taking care of yourself. I advocate by attending trainings, and by telling my mom that I want to live on my own."

### Self-Advocate Interview: John

"Self-advocacy means being able to handle stuff on my own. I wanted to get my GED and started classes so I can be more independent. I love doing art. My dream is to travel around the world."

### Self-Advocate Interview: Larry

"Self-advocacy means making changes by speaking up for people. I wanted my own snacks. I now have money for my pizza rolls and pop because I spoke up. I enjoy dancing and art. I want to go back to Vegas."

### Staff Interview: Annie

"To me, self-advocacy someone who wants their voice to be heard on topics that are important to them. I encourage our self-advocacy group (CIA). I have assisted with those who want to vote in our elections and encouraged advocates to make their own choices."

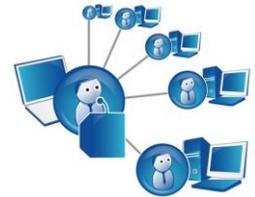
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Staff Interview: Matt

“Self-advocacy means that a person speaks out for themselves about things that are important to them. I encourage people to speak up about things that are important to them and speak to others about what is important to them.”

**Stay tuned for next month’s Self-Advocacy Spotlight!**

### Upcoming Webinars



#### **“Individuals with Hearing Loss and Deaf Culture”**

Tuesday, October 22, 2019 at 10am CDT

Register at

<https://attendee.gotowebinar.com/register/8849894725732485899>

Hearing loss can be a big deal, no matter how much a person can or cannot hear. What are important things to know about individuals with hearing loss? Many individuals may not realize that some individuals with hearing loss identify with Deaf Culture. Let's learn about the different types of hearing loss, along with some basic about Deaf Culture. This presentation welcomes questions, so please feel free to BRING YOUR OWN QUESTIONS. health conditions in a variety of positions.

#### **“Be the Leader of Your Healthcare Team”**

Tuesday, November 19, 2019 at 10am CST

Register at

<https://attendee.gotowebinar.com/register/2200641039080060428>

Members of the Community Choices Advocacy Initiatives Board will present a webinar that explores strategies for improving interactions between healthcare professionals and people with intellectual and developmental disabilities. Learn about a tool these self-advocates developed that supports people with intellectual and developmental disabilities to have voice in their healthcare.

DSC (Champaign, IL) has a variety of community groups, two of which are Storytelling 101 and Zine-making. Both groups strive to provide creative outlets for people we support and to help build everyone's confidence as writers, editors, and readers. For more information on Storytelling 101 and Zine-making, please contact Casey Brege at [CBrege@dsc-illinois.org](mailto:CBrege@dsc-illinois.org).



Below is some of the work of the excellent authors in the groups.

### **Special Olympics Bowling**

~ Dianna D.

Saturday, August 24 I had a bowling competition and I did really good. I got a gold medal in my competition, so in that meaning I get to go to Peoria for state for my bowling competition. Just wish me good luck at state this year. I go to state for bowling on October 11, 2019.

### **Red**

~ Darrin C.

Red is the color of Valentine's Day, of love and affection.

Red is the color of love.

Red is the color of romance when you meet that special someone. Red is the color of the joy of falling in love with that person whom you long for.

Red is the color of seeing the joy of your first real crush.

Red is the color of a bottle of a woman's cologne. Red is the color of a romantic night.

Red is the American romance.

For per personally, love is the color of a beautiful woman's fiery red hair that looks beautiful with her white as milk skin.

**Watch for more works from Storytelling 101 and Zine-making authors in upcoming Alliance newsletters!**



Welcome to Community Connections, where we share awareness, information, and celebrations relating to the disability community.

## **Famous People with Disabilities – November Spotlight**

### **Madanjeet Singh (1924 - 2013)**

Tolerance recognizes the universal human rights and fundamental freedoms of others. People are naturally diverse; only tolerance can ensure the survival of mixed communities in every region of the globe.



Madanjeet Singh was an internationally known diplomat, painter, photographer, and writer of several books who is also recognized for lifelong devotion to the cause of communal harmony and peace.

## **Disability Inclusion Awareness Ideas for November**

- Take a look at diversity of cultures through music
- Reflect on the number of traditions that highlight the range of identities and cultures
- Ask someone that knows a traditional cultural dance if they can hold a dance class or demonstrate the dance for the group

Don't be afraid to "think outside of the box" and come up with your own Disability Inclusion Awareness Ideas for the month. Let The Alliance know what you did by emailing us at [info@selfadvocacyalliance.org](mailto:info@selfadvocacyalliance.org).

## **Disability Inclusion Awareness in November**

Epilepsy Awareness Month

National Family Caregivers Month

International Day for Tolerance - November 16

(<https://www.un.org/en/events/toleranceday/index.shtml>)

### **Ally or Accomplice? The Language of Activism**

An ally will mostly engage in activism by standing with an individual or group in a marginalized community. An accomplice will focus more on dismantling the structures that oppress that individual or group - and such work will be directed by the stakeholders in the marginalized group.

When you support people with disabilities, are you an Ally or are you an Accomplice?

(text is an excerpt from a June 5, 2017 article written by Colleen Clemens titled "Ally or Accomplice? The Language of Activism")



WE NEED YOU... to contribute to The Alliance newsletter each month. Share your ideas, hopes, dreams, success stories and challenges with The Alliance.

You can submit an article, a poem, a piece of artwork, photography, write a column, or ask a question.

Let us know if you have any questions. Submit your content to [info@selfadvocacyalliance.org](mailto:info@selfadvocacyalliance.org).

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