

Illinois Self-Advocacy Alliance

The Alliance News

Issue #91

November 2019



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.



Congratulations to the Alliance Ambassador Program Graduates!

On Monday, October 28, 2019, participants in The Alliance's Ambassador Program finished up the 5-month long process and gave their final presentations in front of each other, family members, friends, ICDD staff, and Alliance staff.

Way to go...keep on "speaking up and speaking out"!



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

Illinois Self-Advocacy Alliance
P.O. Box 666 Park Forest, Illinois 60466
Email: info@selfadvocacyalliance.org
Website: www.selfadvocacyalliance.org
Find us on Facebook at Illinois Self-Advocacy Alliance



Self-Advocacy Spotlight!

My name is Kathleen Sidwell and I am a self-advocate and member of CTF Illinois Advocacy self-advocacy group.



To me, self-advocacy means meeting new friends; getting out into the community; and letting others know my wants and needs. My gifts and talents including working hard, washing dishes, doing laundry, and spending time with my family. I have a lovely family and I enjoy spending time with them. My hope and dream is to become a secretary. I currently answer the phones at home and at work. I need to work on my typing skills.

Self-Advocate Interview: Vicki

"I can read, write, spell, and do arithmetic. Self-advocacy means people going out and advocating for themselves. I advocate when I want to go to the library.

Self-Advocate Interview: Judy

"Self-advocacy means speaking up and speaking out for yourself and others. I recently spoke up for myself and my friend. My dream is to be a powerful speaker to make an impact and change the world."

Self-Advocate Interview: Terry

"Self-advocacy means going out into the community and doing things; I enjoy advocacy stuff. I spoke up when I wanted to start my own business. I can do shredding and I want to open my own restaurant."

Staff Interview: Misty

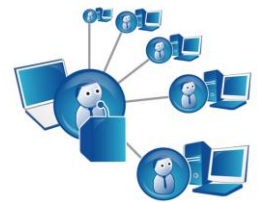
"To me, self-advocacy means letting others know needs and wants, and to stand up for self and others. I support self-advocacy by standing up for those who can't self-advocate."

Continued on Next Page

Staff Interview: Makayla

"Self-advocacy means voicing wants and needs and standing firm in what you believe. I support self-advocacy by giving people all the tools they need to do so as well as advocating for those who don't have a voice."

Stay tuned for next month's Self-Advocacy Spotlight!

Upcoming Webinars**"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.

"Individuals with Hearing Loss and Deaf Culture"

Tuesday, December 17, 2019 at 10am CDT

Register at

<https://attendee.gotowebinar.com/register/695312864391126539>

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.

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.



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

Sweet Corn Festival

~ Dianna D.

We all went to the Sweet Corn Festival. It was Jim and Patty and Kalib and Carrie and myself. Patty and myself had about three ears of corn and it was really good and juicy. Kalib had a cheeseburger and cheesy fries and Carrie had chicken fingers and cheesy-fries and then they both had nachos from Hickory River. Then Patty and I went to the Sweet Corn Festival on Saturday and had good time. Patty had a cheeseburger and cheesy-fries and I had a bratwurst and cheesy-fries and then on Friday Patty and I bought walking dogs. And then on Saturday we bought a Frozen blanket and an Angry Birds blanket.

We all had a blast at this year's Sweet Corn Festival.

I Do Drum Circle

~ Monica R.

I do drum circle every Tuesday night; I like that it keeps me busy. I like it when we go places. We just went to a nursing home to do drum circle for the people there at the nursing home. They all like it when we came and played for them. They asked us to come back again. We are going back in six weeks. We did one for some people at club house for mothers' day. The people there enjoy it too and they let us make flowers out of plates. That was a lot of fun too.

Continued on Next Page

Storytelling 101 and Zine-making Continued

Shattered Grid Ranger

~ Kentrell G.

White is the color of a power ranger that is mistaken his identity between good and evil.

White is like a falcon but some say he is a lord from angel grove.

White feels like he is sitting on his throne to figure out if history repeats itself, or have a new dictator.

Even when white ranger makes his final decision, wants to make the world to be good and not troublesome.

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



Judy D., self-advocate from CTF Advocacy Center in Charleston, Illinois Shares What She Learned from Illinois Partners in Policymaking (PIP)!

Judy put together an informational poster about she learned from PIP . She included a speech about being a self-advocate; a worksheet on charting her life; and her graduation project on presenting to Eastern Illinois University social work students on how to be a better advocate for individuals with disabilities. Judy feels that people have a better understanding if they have something to look at while she presents information. She hopes to make her presentations come alive by including an informational board that has the exact projects that she did as well as some pictures.

Several self-advocates from Freedom Fighters, an Alliance member group in Elgin, IL, recently “spoke up and spoke out” about themselves. Learn about them below!



I am a nice and caring person. I work at Heritage Woods as a dietary aid for the elderly. I serve them food, drinks and take orders. I like working there and talking to the people. I like to write superhero stories and read about Wonder Woman.

~ Jim R.

I would like to use public transportation and learn the bus schedules. I would like to go on the train more often. I do like to go to the laundromat with my cousin and do my own laundry.

~ Gale H.

I enjoy reading books about love and writing. I would like to learn how to cook. I clean the kitchen and bathrooms every weekend so I can help with chores at my home.

~ Linda H.

WE NEED YOU!
TO MAKE IT HAPPEN

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.



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

Famous People with Disabilities – December Spotlight



Franklin D. Roosevelt (1882 - 1945)

Franklin D. Roosevelt was the 32nd president of the United States. He was diagnosed with polio at the age of 39 and used a wheelchair after the illness left him permanently paralyzed from the waist down. Mr. Roosevelt was the first United States president with a disability. He founded the National Foundation for Infantile Paralysis, now known as the March of Dimes.

One of Franklin D. Roosevelt's most famous quotes is "The only thing we have to fear is fear itself".

Disability Inclusion Awareness Ideas for December

- Take a tour of Illinois Assistive Technology Program (IATP) in Springfield, IL or contact IATP for a training. IATP's website is <https://www.iltech.org/>

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.

Disability Inclusion Awareness in December

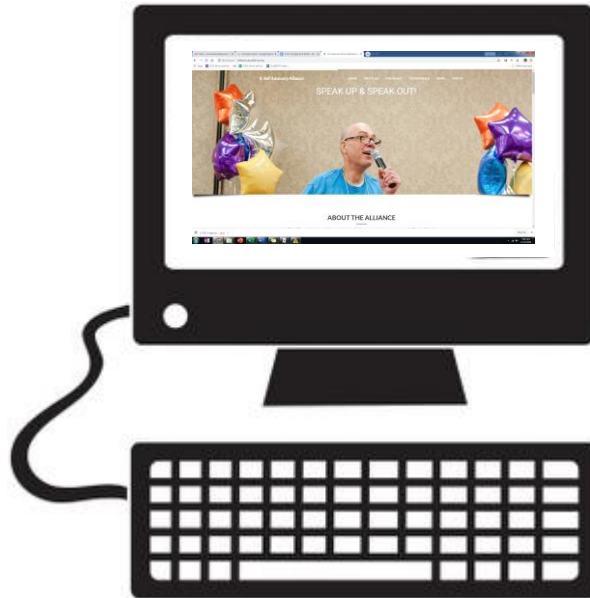
International Day of People with Disabilities - December 3

<https://idpwd.org/>

Human Rights Day - December 10

<https://www.un.org/en/events/humanrightsday/>

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



www.selfadvocacyalliance.org

Check out the New and Improved Illinois Self-Advocacy Alliance Website! You can also find 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 listserv by sending an email to info@self-advocacyalliance.org with “Add Me To The Learning and Advocacy Information Listserv” in the Subject Line.

The Alliance Staff Contact Information

Tara Ahern, Project Director
tara.advocacy@gmail.com

Krescene Beck, Organization Director
krescenebeck@gmail.com

Jae Jin Pak, Project Specialist
jaejinadvocacy@gmail.com

Tracey Wyant, Project Specialist
traceyalliance@gmail.com

Robyn Carpenter, Regional Self-Advocacy Specialist
robynadvocacy@gmail.com