

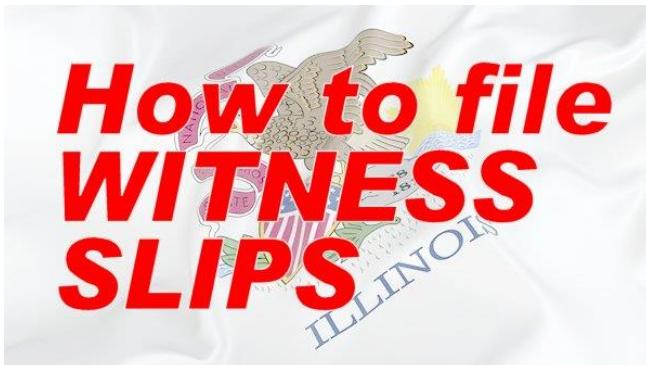
The Alliance News

Issue #94

February 2020



Speaking Up and Speaking Out by Filing a Witness Slip



The Alliance, in partnership with the Illinois Council on Developmental Disabilities, recently released several resources about legislative advocacy of filing Witness Slips.

The resources include

- A recorded presentation
- A PowerPoint presentation
- Advocacy Through Witness Slips Picture resource
- Advocacy Through Witness Slips Written resource

Check them out by visiting The Alliance's Resource page at <http://selfadvocacyalliance.org/resources>.

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



Self-Advocacy Spotlight!

My name is Heather Clark and I am a member of Self-Advocates of Lake County in Zion, IL.

My gifts and talents include writing poetry, public speaking, and being empathetic to others. My hopes and dreams are to live in own apartment with a personal assistant and to complete my degree in psychology.



To me, self-advocacy means sticking up for myself and for those who don't have a voice.

Self-Advocate Interview: Suzie

"Self-advocacy means trying to help people to get what they want. Speaking up is asking for what I need, if I need help. I identified that I wanted to participate in the speak Up and Speak Out Summit. My dream is work as a DJ at a radio station. I also like to sing and exercise."

Self-Advocate Interview: James

"Self-advocacy is speaking up for myself, speaking up for others who can't speak for themselves, and helping people out. When I wanted to move out of my grandma's house, I talked with CAU (Community Alternatives Unlimited, an Independent Service Coordination agency) staff and my staff at NorthPointe and we formed a team together. My gifts are drawing, painting, and making music. My hope is to be a successful businessman and live in a big mansion."

Self-Advocate Interview: Janet

"To me, self-advocacy speaking up for myself and for those who can't speak up for themselves. I spoke up when I wanted a job at Great America and I continue to go back to them to talk about a job there. I want to continue to raise awareness about self-advocacy."

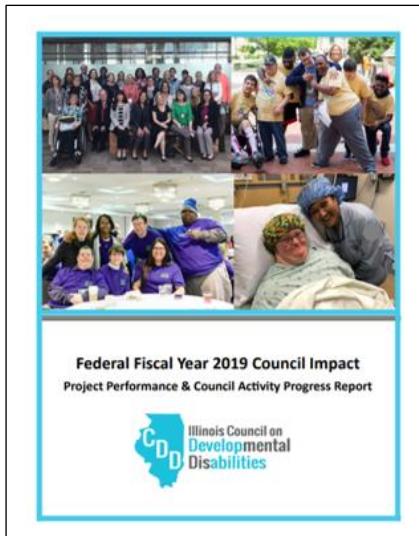
Staff Interview: Regina P.

"To me, self-advocacy is verbal and nonverbal expression to declare, to state wants and needs for independence in our life and our future. I support self-advocacy by encouraging individuals to voice or express different ways of showing their wants and needs to people and knowing their rights."

Staff Interview: Kristin H.

"Self-advocacy is being aware of your rights and responsibilities and being empowered to be able to speak up for yourself and your own opinions. I try to encourage people to speak up for themselves and help them identify who they can go to for assistance when needed. I've taught classes and been on committees about empowerment and advocacy."

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



Just Published!

The Illinois Council on Developmental Disabilities (ICDD) has just published their [FFY2019 ICDD Impact Report](#)

This report provides a comprehensive review of the Council's project and impact in 2019.

Check it out!

**WE NEED YOU!
TO MAKE IT HAPPEN**

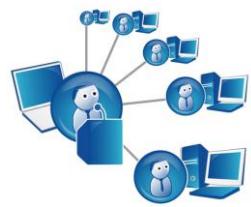
Contribute to The Alliance newsletter each month. Share your ideas, hopes, dreams, success stories and challenges with The Alliance. You can submit an article, a poem, a piece of artwork, photography, write a column, or ask a question.

Let us know if you have any questions. Submit your content to info@selfadvocacyalliance.org.

Recently Recorded Webinar

"Health Matters: A Path to Exercise and Nutrition"

Recorded Live on Tuesday, January 28, 2020



Here's to a healthier new year! Together we will explore how exercise, eating fruit and vegetables, and drinking water are important parts of our everyday life. Through creative discussion and activities, we will discuss and learn ways to "Create a Path" towards more exercise and better food choices!

View the recording at

<https://attendee.gotowebinar.com/recording/7239267425190343682>

Upcoming Webinar

Please register for Let's Learn About Supported Living! on Tuesday, February 18, 2020 at 10am CST (Central Standard Time) at



<https://attendee.gotowebinar.com/register/4917865226906106123>

Supported living is when people with disabilities live in homes they choose with supports based on their needs and preferences.

Join Teresa Parks, the Human Rights Authority Director of the Illinois Guardianship and Advocacy Commission, as she shares an overview of supported living and how to "speak up and speak out" to make it a possibility. You'll learn about the results of a 2019 Arc of the United States and CQL (Council on Quality Leadership) study called "There's No Place Like Home". You'll also hear a personal story of Nathan, a young man on a journey for his own life.



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

Famous People with Disabilities – March Spotlight

Ralph Braun (1940 – 2013)



Ralph was diagnosed with muscular dystrophy as a young boy in 1947. Doctors told his parents he'd never be independent, but both Ralph and his parents were determined to prove them wrong. In the next few years, Ralph lost his ability to walk. At a young age, he set his mind to engineering the first battery-powered scooter. From there he designed the world's first wheelchair lift, installed in an old postal Jeep and complete with hand controls. Necessity is the mother of invention, and Ralph's physical limitations only served to fuel his determination to live independently and prove to society that people with physical disabilities can participate fully and actively in life.

What started as a personal drive to keep independent evolved into BraunAbility, the leading manufacturer of mobility products across the globe. Ralph passed away in 2013 at the age of 72, but not before he launched the mobility movement. BraunAbility proudly carries on our founder's legacy today.

Sometimes, all you need is a little inspiration. Learn more about Ralph Braun at <http://inspirationx.com/inspirational-story-ralph-braun/>.

Disability Inclusion Awareness in March

Disability Community Day of Mourning - March 1

International Wheelchair Day - March 1

World Down Syndrome Day - March 21

Purple Day for Epilepsy - March 26

Cerebral Palsy Awareness Month

Spread the Word Inclusion Month

Developmental Disabilities Month

Disability Inclusion Awareness Ideas for March

Hold a vigil as the disability community gathers across the nation to remember victims of filicide - people with disabilities murdered by their family members or caregivers

<https://autisticadvocacy.org/projects/community/mourning/>

Wheelchair users celebrate the positive impact a wheelchair has on their lives during International Wheelchair Day.

<http://wheelchirsteve.com/international-wheelchair-day/>

Celebrate World Down Syndrome Day

<https://www.worlddownsyndromeday2.org/>

Increase awareness about epilepsy worldwide during Purple Day for Epilepsy

<http://www.purpleday.org/>

Wear green and celebrate national Cerebral Palsy Awareness Month

<https://nationaldaycalendar.com/national-cerebral-palsy-awareness-month-march/>

Find all the tools you need to host your own Spread the Word Inclusion event

<https://www.spreadtheword.global/>

Raise awareness about the inclusion of people with developmental disabilities during Developmental Disabilities Awareness Month

<https://www.nacdd.org/ddam1/>