

Illinois Self-Advocacy Alliance

The Alliance News

Issue #95

March 2020



Alliance member groups didn't let the cold and dreary days of January and February get them down...they participated in The Alliance's 3eLove Challenge!

Developed by Tracey Wyant, Project Specialist, the 3eLove Challenge is based on the symbol created by Annie Hopkins. The heart and wheelchair is about embracing who you are and supporting others to be who they are. Member groups let The Alliance know how they completed the challenge, what was learned by doing the challenge, and sharing at least one photo of how the self-advocacy group completed the challenge.

Learn more about 3eLove by visiting <https://www.3elove.com/pages/what-is-3e-love>

Check out the challenges on page 6! Challenges were also shared with 3eLove!

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 Shelley McMillan and I am a member of CAB (Client Advisory Board) at KCCDD in Galesburg, IL.



My gifts and talents include singing and my hope and dream is to continue my singing career and become a better singer.

To me, self-advocacy means speaking up for people who can't speak for themselves.

Self-Advocate Interview: Charles

"Self-advocacy means my own rights. My gifts and talents include making coasters, and I dream of having my own mansion."

Self-Advocate Interview: Glenee

"Self-advocacy is being able to speak for yourself. I spoke up when I went to the Speak Up and Speak Out Summit, and I would do it all again. I hope one day to live on my own."

Self-Advocate Interview: Tiffany

"It's important to be myself. I would like to be a good speaker for Speak up and Speak Out. I like being active for others all the time and at Speak Up and Speak Out. I am in the Monarch Foundation Group and speak at women's groups from my church. I want to be a teacher and work with kids and work hard."

Staff Interview: Lynndel

"Self-Advocacy is speaking up for yourself and others. Tell me how you support self-advocacy. I encourage people to ask questions, listen and to share or express their opinions, ideas, needs and wants."

Staff Interview: Nick

"Self-Advocacy is representing myself and making my own decisions. I support self-advocacy by having a welcoming environment."



Self-Advocacy Spotlight!

My name is Mike Hanlon and I am a member of CAB (Client Advisory Board) at KCCDD in Galesburg, IL.



Self-advocacy means speaking up for what is right. My gifts and talents are art and being creative. I'm a nice guy. I hope to someday have a place of my own. I also want to someday I will meet the Rock and go to Dave and Buster's with him and hang out with him for a day.

Self-Advocate Interview: Shelley

"Self-advocacy is speaking for people that can't speak for themselves. I speak up for my peers at my group home. I want to continue singing with the KCCDD Cruisers band and speaking out for people."

Self-Advocate Interview: Matt

"To me, self-advocacy is expressing yourself. At my staffing I spoke out for myself. My gifts, talents, hopes and dreams are art, cooking, and getting my own apartment."

Self-Advocate Interview: Gabe

"Self-advocacy means speaking up for myself. I spoke out when I asked to be part of the Community Play Project. I know my TV shows and I know how to Busta Move. I want a job."

Staff Interview: Sally

"Self-advocacy is being able to speak for myself in a positive way about things. I help out with self-advocacy by being involved in my community and learning how to voice my concerns and hopes in an effective way."

Staff Interview: Kimberly

"Self-advocacy means that a person can stand up for their rights and aren't afraid to. I try to encourage my clients to share what they know their rights are and to not be afraid to speak up for themselves or those around them."



Self-Advocacy Spotlight!

My name is Robbie Hiatt and I am a member of CAB (Client Advisory Board) at KCCDD in Galesburg, IL.



Self-advocacy means speaking up what is right. I have the gift and talent of knowing about Monmouth and Galesburg history. My hopes and dreams including going to heaven.

Self-Advocate Interview: Doug

"Self-advocacy is speaking up for myself at school. I did that to get my seat on the school bus. I hope to live a long life, to earn more money, and to be healthy."

Self-Advocate Interview: Angela

"To me, self-advocacy is speaking up for yourself. I speak up by picking my times for my shower. I dream of living in my own apartment and living my own happy life."

Self-Advocate Interview: Tasha

"Self-advocacy means 'speak up for yourself'. When a person is picking on me, I speak up and tell staff. I'm good at putting puzzles together and my dream is to have my own apartment one day."

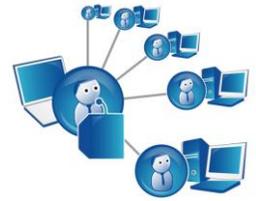
Staff Interview: Julie

"Self-advocacy is having the ability to speak up for an individual's own wants and needs in whatever way they can communicate best. Continuity in promoting one's self in a positive light and following through in providing this not only to fellow colleagues, but to the clients we serve. Reiterating client rights and the Grievance Procedure with those individuals we serve on a consistent basis as well.

Staff Interview: Mirta

"Self-advocacy is speaking up for yourself and for others. I go to meetings supporting people who need my assistance and help them share their feelings."

Recently Recorded Webinar



"Let's Learn About Supported Living!"

Recorded Live on Tuesday, February 18, 2020

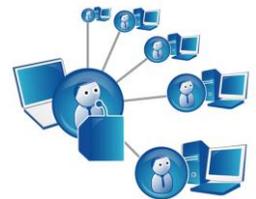
Supported living is when people with disabilities live in homes they choose with supports based on their needs and preferences.

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.

View the recording at

<https://attendee.gotowebinar.com/recording/6678679223209537027>

Upcoming Webinar



Please register for **"All You Need to Know About Illinois Centers for Independent Living (CILS)"** on Tuesday, March 24, 2020 at 10am CST (Central Standard Time) at <https://attendee.gotowebinar.com/register/265839226367228427>

"All You Need to Know About Illinois CILs" will cover what a Center For Independent Living is, and a little bit about how they came to be. Participants will also learn about the various programs offered by CILs across the state, and how to go about finding the CIL closest to you. There will be time for questions and sharing personal experiences with Centers for Independent Living.

"All You Need to Know About Illinois CILs" will be facilitated by Megan Norlin of the Illinois Network of Centers for Independent Living (INCIL).

Envision for Freedom (Chicago)

We played the Crayon Game as part of the 3e Love Challenge. The 25 self-advocates who participated in the game overwhelmingly voted that the pictures they did with all of the colors were preferred. Sharon said that the pictures with all the colors are prettier. Tia said that looking at the photos with all of the colors can “make your day”. Luc said that the colors of the rainbow are represented when you use all of the crayons. The discussion then evolved to why the photos with all of the colors were preferred. Andrew commented that it is nice to have variety. Jerome G. said it is more interesting to have more colors. One of the staff supporting asked if it is the same with people - more interesting to have more variety and there was a resounding “YES”, and then the group talked about inclusion and every color being as important or valued as the next.



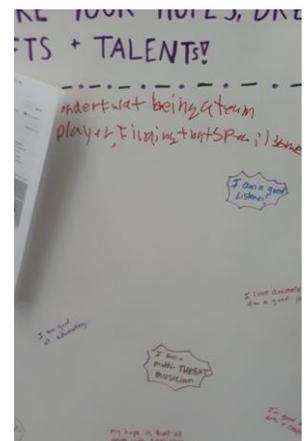
CTF Illinois Advocacy Center (Charleston)

Self-advocates celebrated their abilities!



Center for Independent Futures Advocacy Club (Evanston)

Self-advocates named and shared their gifts, talents, hopes and dreams!





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

Famous People with Disabilities – April Spotlight

Susan Boyle (1961 - present)



Susan is from Scotland and is the youngest of four brothers and five sisters. She was raised thinking that she had a learning disability but was later told that she had been misdiagnosed and has Asperger syndrome. Susan has spoken about being bullied as a child.

Susan was a contestant in America's Got Talent: The Champions on January 2009, singing "Wild Horses". She received a golden buzzer from judge Mel B. and progressed straight to the finals where she sang the song "I Dreamed a Dream" from her original audition back in 2009.

Learn more about Susan Boyle at <https://www.susanboylemusic.com/>

"I was slightly brain damaged at birth, and I want people like me to see that they shouldn't let disability get in the way. I want to raise awareness – I want to turn my disability into ability."
~ Susan Boyle



"Every election is determined by the people who show up."
~ Larry Sabato

Disability Inclusion Awareness in April

World Autism Awareness Day - April 2

Autism Awareness Month

Limb Loss Awareness Month

SAAM (Sexual Assault Awareness Month)

Disability Inclusion Awareness Ideas for April

World Autism Awareness Day (WAAD) aims to put a spotlight on the hurdles that people with autism and others living with autism face every day.

<https://www.awarenessdays.com/awareness-days-calendar/world-autism-awareness-day-2020/>

April is World Autism Month, and we're inviting friends and neighbors around the world to come together and make 2020 the Year of Kindness. Will you join us in pledging to create a kinder world this year?

<https://www.autismspeaks.org/world-autism-month>

"Limb Loss Awareness Month gives our community an opportunity to share stories about living well with limb loss or often their struggles to obtain access to the care they need to live the life they want to live."

<https://www.amputee-coalition.org/events-programs/limb-loss-awareness-month/>

Participate in Sexual Assault Awareness Month (SAAM), a campaign to educate and engage the public in addressing this widespread issue.

<https://www.nsvrc.org/saam>

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.



The Alliance and The Arc of Illinois Spring 2020 Regional Training

“Voting, Advocacy, and YOU!” POSTPONED

At The Arc of Illinois and The Illinois Self-Advocacy Alliance, we take the health and well-being of our communities very seriously. In light of current recommendations and in a collaborative effort to prevent the spread of the coronavirus (COVID-19), we have made the difficult decision to **postpone all regional trainings** until further notice. Regional trainings will be scheduled when it is safe to do so.

COVID-19 RESOURCES

Plain Language Booklet on Coronavirus

<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

Spanish Plain Language Booklet on Coronavirus - many thanks to the California DD Council for translating the booklet into Spanish.

<https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/>

Social Distancing

<https://www.gradyhealth.org/wp-content/uploads/Grady-COVID-19-Social-Distancing-Final.pdf>

COVID-19 Prevention Tips in ASL

<https://www.youtube.com/watch?v=CkbqWxtLe3E&fbclid=IwAR3mSLODhUoNNUPO5tYIJw9IujRp0DqLltioENNZx440dSkrgOrCYo-a-Hg&app=desktop>

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