

Illinois Self-Advocacy Alliance

The Alliance News

Issue #97

May 2020



Chicagoland DPOCC (Disabled People of Color Coalition) and the Illinois Self-Advocacy Alliance, Inc. are excited to share the following resource available in both English and Spanish:

COVID-19 Resources for Marginalized Communities in Illinois

This centralized list of resources is for people with intellectual and developmental disabilities in marginalized communities; these marginalized communities include people of color, people in the LGBTQIA (Lesbian, Gay, Bi-Sexual, Transgendered, Questioning/Queer, Intersexed, Asexual) community, and immigrants.

[COVID-19 Resource \(English\)](#)
[COVID-19 Resource \(Spanish\)](#)

Thank you to The Arc of Illinois and the Illinois Council on Developmental Disabilities (ICDD) for funding this resource.

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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Disability is a Matter of Perception

fun 4 the disabled

Fun4thedisabled is a disability blog about people, products, organizations, events, and accessible activities for people with ability challenges and their friends and families of all ages to enjoy themselves.

Visit at <https://www.fun4thedisabled.com/>.

**“If you can’t fly then run, if you can’t run then walk,
if you can’t walk then crawl, but whatever you do you have to
keep moving forward.”**

~ Martin Luther King, Jr.



Who Are We...and how did we get here?

In March 2020 a bunch of theaters were producing plays, business as usual, when a global pandemic had other plans. Prioritizing the safety of their communities, they made difficult decisions to cease or postpone programming for the remainder their seasons. But the story doesn't end there. With a spirit of resilience, adaptation, and invitation, they came together to create the Play At Home project, a series of short plays commissioned specifically for this moment of unprecedented isolation to inspire joy and connection for all.

In other words, COVID-19 may have closed the theater buildings, but you can still #PlayAtHome. Check it out at <https://www.playathome.org/>.

Upcoming Webinars



“Let’s Learn About COVID-19 Resources for People with Disabilities”

May 26, 2020

1 – 2pm

Join TJ Gordon, co-creator of the COVID-19 Resources for People with Disabilities in Marginalized Communities, as he shares about the resource including information on COVID-19, the Shelter-In-Place order, the various categories covered, and how to access the resource.

Register at

<https://attendee.gotowebinar.com/register/4391854468518406671>

“Create Your Own Emergency Resource Guide”

June 2, 2020

1 – 2pm

Join TJ Gordon, co-creator of the COVID-19 Resources for People with Disabilities in Marginalized Communities, as he shares how you can create your own resource guide based on your community. Your resource guide can be used during the COVID-19 pandemic and during other emergencies and natural disasters.

Register at

<https://attendee.gotowebinar.com/register/2561157712666760207>

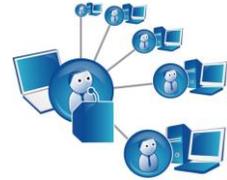
**DISABILITY AND
HUMAN
DEVELOPMENT
COLLEGE OF
APPLIED HEALTH
SCIENCES**



These webinars are co-sponsored by the University of Illinois at Chicago’s Institute on Disability and Human Development

Recently Recorded Webinar

“Tres Fridas Project: Reimagining Art Through the Disability Lens” recorded live on Tuesday, April 21, 2020



A collaborative project created by Reveca Torres, Mariam Paré and Tara Ahern, all female artists with disabilities, Tres Fridas Project explores the many facets of disability by recreating iconic art works with a disabled person at the forefront. Join Tres Fridas co-creators as they share about the project's journey from dream and reality.

View the recording at

<https://register.gotowebinar.com/recording/6255072578792955651?assets=true>



Welcome to Arts of Life's new remote programming initiative!

The schedule provides daily access to our remote programming content. We will connect as a community using Zoom to provide art programming. Our staff will be on Zoom during all program hours to lead discussions and provide support to artists. We look forward to seeing you!

Check it out at

<https://artsoflife.org/remote/>



Activity Packets to do at home!

Every week during our closure due to COVID-19, Gateway to Learning is sending out activity packets not just to our program participants and their families, but for any and all families with a loved one needing to continue their skill development and lifelong learning at home.

This blog will be continually updated with new packets as we release them:

<https://www.gtlchicago.com/blog/2020/4/1/activity-packets-to-do-at-home>

“Friday Fun-Day - Stay and Play: All About Games”
 recorded live on Friday, April 10, 2020

Video Games and Card Games and Board Games...Oh My! Join TJ Gordon, Co-chair of the Chicagoland Disabled People of Color Coalition (DPOCC), as he talks all things games during this time of "stay and play" (coined by TJ himself). Discover new games and share the games you enjoy. View the recording at <https://register.gotowebinar.com/recording/5238320091485412610?assets=true>

Check out the downloadable activities from the webinar below!



[Indoor Scavenger Hunt](#)



[Five Senses Scavenger Hunt](#)



[Backyard Scavenger Hunt](#)



[Word Search Puzzle](#)



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

Famous People with Disabilities – June Spotlight

Helen Keller (June 1880 – June 1968)



Helen Adams Keller was an American author, political activist, and lecturer. She was the first deaf-blind person to earn a Bachelor of Arts degree.

Born in Alabama, Helen was 19 months old when she contracted an unknown illness which might have been scarlet fever or meningitis; it left her both Deaf and blind. Her teacher, Anne Sullivan, helped her make tremendous progress with her ability to communicate, and Keller went on to graduate from college in 1904. Helen became a writer, political activist, and speaker. Several movies and books have been made about her life.

Helen received many awards including a Presidential Medal of Freedom. She also helped found the American Civil Liberties Union (ACLU), an organization that works to defend and preserve the individual rights and liberties guaranteed to every person in this country by the Constitution and laws of the United States

Learn more about Hellen Keller by visiting www.biography.com/activist/helen-keller.

“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.”

Disability Inclusion Awareness in June

Alzheimer's and Brain Awareness

Disability Pride Month

LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual) Month

Migraine and Headache Awareness

Post-Traumatic Stress Disorder (PTSD) Awareness

Disability Inclusion Awareness Ideas for June

Alzheimer's and Brain Awareness

Be part of an opportunity to hold a global conversation about the brain, Alzheimer's disease, and other dementias.

<https://www.alz.org/abam/overview.asp>

Disability Pride Month

Disability Pride promotes visibility and mainstream awareness of the positive pride felt by people with disabilities within their community.

<https://ncil.org/disability-pride-toolkit-and-resource-guide/>

LGBTQIA Pride Month

Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan.

<https://nationaltoday.com/pride-month/>

Migraine and Headache Awareness

June is National Migraine & Headache Awareness Month (#MHAM), and the full headache, migraine and cluster communities are working together for our diseases to be recognized.

<https://headachemigraine.org/nmham-2019/#migraine-mham-recognition-days> (please note the inclusion awareness ideas were for 2019 as 2020 information was not available at the time of newsletter publication)

PTSD (Post-Traumatic Stress Disorder) Awareness

The month is dedicated to raising awareness about the condition and how to access treatment.

<https://www.ptsd.va.gov/understand/awareness/index.asp>