

## Illinois Self-Advocacy Alliance

# The Alliance News

Issue #98

June 2020



# ROOTED in RIGHTS

### #DisabilityCounts2020

Do you think people with disabilities count?  
Then we need to make sure we're counted as part of  
the 2020 Census.

Not participating in the Census means less funding in  
our communities.

Do you have questions about why the Census  
matters? Privacy concerns? Or questions about how  
the 2020 Census will be accessible for people with  
disabilities?

Check out the videos in English, Spanish, or ASL  
(American Sign Language), and then sign our pledge  
to complete the 2020 Census yourself.

<https://rootedinrights.org/census/>

### 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.



Illinois Council on  
Developmental  
Disabilities

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Illinois Self-Advocacy Alliance

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Website: [www.selfadvocacyalliance.org](http://www.selfadvocacyalliance.org)

Find us on Facebook at Illinois Self-Advocacy Alliance

Stay healthy, get some fresh air and sunshine.



## GO FOR A WALK, RIDE OR ROLL!

- Wear a mask or face covering.
- Maintain 6-foot distance from others.
- Check official guidelines often
- Check for closed parks, beaches, or trails
- Be mindful of the surfaces you touch

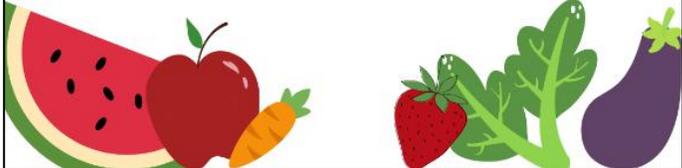


## HEALTHY EATING

**Control portion sizes**  
 1/2 plate = vegetables  
 1/4 plate = protein  
 1/4 plate = carbohydrates

**Everything in moderation!**  
 Dessert and snacks are okay to eat- but limit your consumption.

**Fill your plate with color!**  
 Leafy greens, Red fruits, Vibrant fruits and vegetables



**“Don't try to be perfect. Just try to be better than you were yesterday.”**

~ from Share Inspire Quotes

## Exercise

STAYING ACTIVE IS IMPORTANT - IT HELPS WITH WEIGHT MANAGEMENT, DISEASE PREVENTION, AND MENTAL HEALTH.

EXERCISE:

- LIFTS MOOD, CRITICAL WHEN FACED WITH THE CHALLENGE OF STAYING INSIDE & FINDING ALTERNATIVE ACTIVITIES TO DO
- IMPROVES CHOLESTEROL PROFILE AND LOWERS BLOOD PRESSURE, HELPS LOWER THE RISK FOR HEART DISEASE
- HELPS YOU SLEEP BETTER AND MANAGE STRESS BETTER DIFFICULT WHEN SCHEDULES ARE DISRUPTED



A FRIENDLY REMINDER:



## PROPER HANDWASHING

1. Wet hands with clean, running water
2. Lather hands with soap and rub together
3. Scrub hands for at least 20 seconds
4. Rinse hands well under clean, running water
5. Pat hands dry using a clean towel

DRINK MORE WATER!

# STAY HYDRATED.

Benefits of Drinking More Water:

- Prolong endurance and fight fatigue
- Regulate body temperature
- Lubricate and cushion joints
- Protect spinal cord and sensitive tissues
- Get rid of waste
- No artificial sugars or chemicals

## Who is at a higher risk for COVID-19?

You are more likely to catch COVID-19 if you:

- are 60 years of age and over
- have a long-term medical condition, such as heart disease, lung disease, diabetes, cancer or high blood pressure
- are immunosuppressed or have a weak immune system

**“Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain.”**

~ Vivian Greene

## What is Physical Distancing?

Social distancing should be practiced by everyone, whether or not exposed to the virus.

This broad set of measures includes avoiding hand shakes, crowds, staying at least 2 meters (6 feet) away from people, and, most importantly, staying at home if you feel sick.



#StopTheSpread  
Source: www.npr.org

STAY HOME, SAVE LIVES

## WHAT IS SHELTER-IN-PLACE?

Shelter-in-place is to seek safety within the building one already occupies (such as the home), rather than to evacuate the entire area or seek a community emergency shelter.



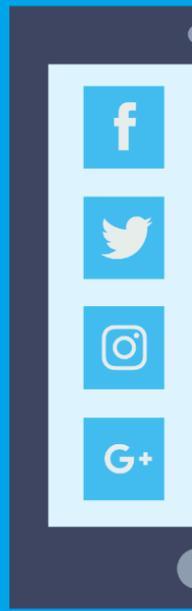
Many thanks to Emily Wienhoff, student in the University of Illinois at Chicago’s DHD 400: Disability and Human Development Capstone class, for the social media posts (squares) that were recently shared on The Alliance’s Facebook page and in this edition of The Alliance’s newsletter!

## STAY HOME STAY CONNECTED

Social Media apps are a great way to stay connected with your community, and search for resources during the pandemic.

Schedule a time to virtually "hangout" with friends, families, or peers online.

Reach out to others, support your loved ones during a time that may feel lonely.



NATIONAL  
DOWN SYNDROME  
CONGRESS

### Advocacy Toolkit for Self-Advocates from the National Down Syndrome Congress

This guide is intended to provide tools and advice to self-advocates who are interested in becoming more involved in legislative advocacy to work on policies and laws. Check it out [here](#).



## #MYADA30STORY

[SPECIALCHRONICLES.COM/MYADA30STORY](https://specialchronicles.com/myada30story)

This July 2020, we join with our Disability Community in the 30th Anniversary of the Americans with Disabilities Act. In celebration of the signing of the ADA 30 years ago, we at Special Chronicles are launching a new Social Media Campaign to share ADA Celebration Stories. This campaign is in celebration of the ADA 30th Anniversary.

Learn more at <https://specialchronicles.com/MyADA30Story/>

### Self-Advocacy is a Movement, Not a Program!

Self-determination and self-advocacy for people with intellectual and developmental disabilities featuring Illinois' own Tia Nelis! Watch the video at <https://www.youtube.com/watch?v=HnmGgGjOhvY>.



## **Thanks so much for participating in the 2020 Going Home Advocacy Day!**

Click this [link](#) to check out the full event; please use this password to access the recording - goinghome2020!

Advocate from Home!

Here are some things you can do right now to advocate for Community Living NOW:

- Fill out this survey for the Going Home Advocacy Day. We need your feedback to make sure we can make next year's rally even better - [shorturl.at/hxyY4](https://shorturl.at/hxyY4)
- Find your legislator at [www.ilga.gov](http://www.ilga.gov) under the Legislator Lookup tool. Put your address into the search bar and you will find your State Senator and State Representative and their contact information.
- Leave a voicemail to your legislator expressing what two issues you want to speak to your legislators about. Include your name, title/organization and phone number so they can contact you to set up a meeting online or over the phone.
- Find your State Senator and State Representative on Twitter and Facebook and ask them to support Community Living Now by using the hashtag #CommunityFirst and #FundCommunityLivingNow!

Check out these [talking points](#) you can use when you speak with your legislators.



NWSRA (Northwest Special Recreation Association) is proud to launch the NWSRA Activity Center to ensure that families have access to activities, games and other online resources that will enable participants to lead healthy, active lives while furthering their interests.

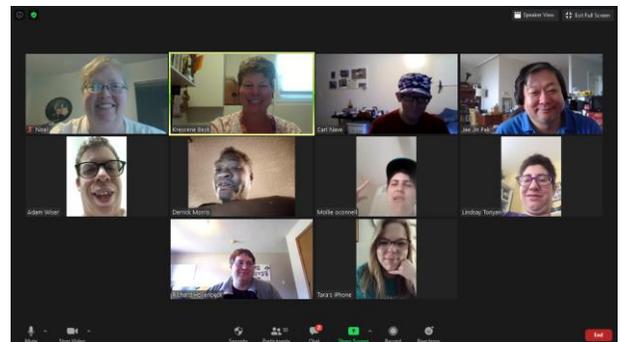
NWSRA is excited to unveil its [Virtual Programming lineup](#), with programs held free of charge! In order to meet the unique interests of individuals, programs will be held on a weekly basis, including cooking, crafts, fitness, reading, sensory, social and so much more!



Have honest conversations about dating, love, relationships and sex for everyone.

We are a sexual health initiative aimed at people with cognitive disabilities and their supports. We host educational/social events where people can have open, honest conversations about dating, love, relationships, and sex.

<http://real-talk.org/>



Several Alliance Ambassador Leadership Program participants and Alliance staff recently got together over Zoom to learn with and from each other by sharing elevator speeches as well as thoughts on speaking up and speaking out by protesting peacefully. We are much stronger when we are working together!

## Recent Webinars

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

Recorded live on May 26, 2020

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. View the recording [here](#).

### **“Create Your Own Emergency Resource Guide”**

Recorded Live on June 2, 2020

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. View the recording [here](#).

DISABILITY AND  
HUMAN  
DEVELOPMENT  
COLLEGE OF  
APPLIED HEALTH  
SCIENCES



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

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Check out the COVID-19 Resources for Marginalized Communities in Illinois created by Chicagoland DPOCC (Disabled People of Color Coalition) and the Illinois Self-Advocacy Alliance, Inc.

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

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



Illinois Self-Advocacy  
Alliance



The Arc  
Illinois  
Achieve With Us

## “Voting, Advocacy, and YOU!”

### The Alliance and The Arc of Illinois Spring 2020 Virtual Training June 15 – 19, 2020

Self-Advocates, allies/professionals, and family members are invited to join the Illinois Self-Advocacy Alliance (The Alliance) and The Arc of Illinois for a week of learning and advocacy.

Trainings are free and will begin promptly at 12noon and end at 1.30pm. All trainings will be Closed-Captioned and recorded. ASL and Spanish interpretation will be included; please indicate accommodation needed on the registration page.

Register at

<https://thearcofillinois.salsalabs.org/alliancetrainingswebinar>

#### Monday, June 15, 2020 - 12noon

- Welcome to Spring 2020 Virtual Regional Training
  - Self-Advocacy 101
- Presented by The Alliance

#### Tuesday, June 16, 2020 - 12noon

- How Voting Fits Into Your Life
  - How Do You Vote
- Presented by The Alliance

#### Wednesday, June 17, 2020 - 12noon

- Ways to Learn About Candidates and Issues
  - 2020 Census
- Presented by The Arc of Illinois

#### Thursday, June 18, 2020 - 12noon

- Voter Rights and Responsibilities
  - Ways to Get Around Voting Problems
- Presented by Equip for Equality

#### Friday, June 19, 2020 - 12noon

- How a Bill Becomes a Law
  - Civic Engagement
  - Spring 2020 Virtual Training Wrap Up
- Presented by The Arc of Illinois



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