

Illinois Self-Advocacy Alliance

The Alliance News

Issue #108

April 2021



April is Autism Awareness Month!



Join The Alliance for the following events:

Living the Autistic Life! - Video and Discussion
Wednesday, April 21, 2021 at 5.30pm Central
Join Zoom [here](#).

Meeting ID: 847 3171 9270
Passcode: 641360

Living the Autistic Life! - Panel Discussion
Wednesday, April 28, 2021 at 5.30pm Central
Join Zoom [here](#).

Meeting ID: 817 8955 5114
Passcode: 851850

Real Time Captioning and American Sign Language (ASL) interpretation will be available for both events.

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.



In partnership with the Illinois Council on Developmental Disabilities. This communication is supported in part by grant number CFDA 93.630 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

Illinois Self-Advocacy Alliance
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Website: www.selfadvocacyalliance.org
Find us on Facebook at Illinois Self-Advocacy Alliance

Relationships on Tap



Grab yourself a beverage and join The Alliance for our new monthly series, "Relationships on Tap!"

These monthly gatherings are held on the 3rd Friday of the month, and will be a time for individuals with disabilities to ask questions, learn and explore the topic of healthy relationships. All conversations will be confidential.

Friday, April 16, 2021 11am – 12noon
Join Zoom Meeting [here](#). Meeting ID: 811 4394 2094. Passcode: 326456.

disabilityrights | WISCONSIN

Advocacy is about speaking up and acting on behalf of yourself or others in order to make a desired change or outcome. At Disability Rights Wisconsin (DRW), advocating for the rights of people with disabilities is at the core of what we do, and we believe that expanding advocacy is integral to the Disability Rights movement. That's why we support everyone's effort to become an advocate for themselves, someone they know, or the disability community as a whole.

From resources on Barriers to Accessibility to Transportation and everything in between, check out Disability Right Wisconsin Resource page [here](#).



Going Home Virtual Advocacy Day - Real Choices for EVERYONE
presented by The Going Home Coalition

Tuesday, April 27, 2021

10am on Zoom

Register [here](#)

Join hundreds of self-advocates and allies in speaking up and speaking out in support of community living for people with disabilities.

Going Home is an advocacy campaign dedicated to full inclusion and equality for people with intellectual and developmental disabilities. For more information, please visit www.goinghomeillinois.org.

Click [here](#) for Registration Form PDF.

Questions? Contact Nafia Lee at nafia@thearcofil.org or 815.464.1832 ext 1027.

We are stronger when we are working together!

Healthy Living Chit Chat!

Summer is coming and with it comes fresh fruits and veggies! Join The Alliance to learn about the Healthy Living series and share favorite spring drinks, snacks, recipes, and exercises. Participants will also have a chance to share healthy living topics for future meetings!

Click [here](#) for the Healthy Living Chit Chat recording from 4.13.2021.

Join us for the next Healthy Living Chit Chat as we focus on Movement!

Tuesday, May 11, 2021 12.30 – 1.30pm

Join Zoom meeting [here](#). Meeting ID: 813 1252 6788. Passcode: 120095.

We need you to be part of the Healthy Living Chit Chat! Got an easy healthy recipe to share? Have ideas for upcoming meetings? Email Jae Jin Pak, The Alliance's Project Specialist, at jaejinadvocacy@gmail.com.

March was Women's History Month!



In celebration of Women's History Month, The Alliance presented on women with disabilities who have made a difference. The presentation was facilitated by Cathy Lynn Saunders, self-advocate, and developed by NoelAnn King of The Alliance.

Presentation recorded live on Wednesday, March 31, 2021

Access the recording [here](#).

Webinar Recording

“Universal Design: It’s More Than Large Print and Accessible Restrooms”
Recorded Live on March 26, 2021
View the recording [here](#).

Universal Design is an intentional foundation. It works to ensure environments and products can be used and understood by virtually everyone, regardless of their ability. From meeting space to presentations, activities, and handouts, you’ll learn that Universal Design isn’t just for a few people, it’s for everyone!

Check out these resources referenced in the webinar:

[Universal Design Top Ten Tips](#)

[Guidelines for a Welcoming and Accessible Meeting](#)

Calling All Self-Advocacy Group Advisors!



Join Alliance Advisors as they meet to learn with and from each other on monthly topics related to self-advocacy and self-advocacy groups. All self-advocacy group advisors are welcome to join! You do not need to be an Alliance member group advisor to join the monthly advisors meeting.

Monday, April 26, 2021 2 – 3pm

Join Zoom Meeting [here](#). Meeting ID: 898 3501 0848. Passcode: 601344.

This month’s topic is Action Planning. As self-advocacy groups get back to meeting, an Action Plan can help provide direction and a plan to follow. It can even help with planning a large activity or event!

Upcoming Webinar



“Learn About Illinois ABLE (Achieving a Better Life Experience)

Wednesday, May 5, 2021 10 – 11am Central Time

Join by clicking [here](#). Meeting ID: 863 6903 3875. Passcode: 271409

IL ABLE - Achieving a Better Life Experience – accounts that make changes for individuals with disabilities and their families. ABLE accounts

- change the way they can participate in the community
- change the way they plan for their financial futures
- easy to open and manage
- controlled by the account owner
- are used to help with everyday living expenses and long term purchase plans
- allow for savings and investment that are tax deductible
- do not prevent account owners from receiving SSI/SSDI
- allows the ability to plan, save, and spend money on services, products and education without affecting their means tested benefits

ABLE is an account for living their best life and to help build their sense of independence. ABLE allows disabled individuals a path to stop the pattern of living in a chronic state of poverty in order to maintain, or maintain access to, federal means-tested benefits.

Check out [ABLE Frequently Asked Questions](#) and [ABLE What Type of Investor Are You?](#) resources.



Join Zoom Meeting

<https://us02web.zoom.us/j/81069446373>

Dial by your location

+1 312 626 6799 US (Chicago)

Meeting ID: 810 6944 6373

Announcement! We asked, you answered and we changed the times for the Weekly WOW Meetings. Starting in April we will meet on TUESDAYS at 2pm and 3.30pm!

Tuesday, April 20, 2021 – No WOW register for Disability Policy Seminar!

Tuesday, April 27, 2021 – No WOW – Going Home Rally

Tuesday, May 4, 2021 - Open Mic! Sign up for a 10 minute spot and test out your presentation skills!!

Tuesday, May 11, 2021 - All About Money: Social Security and Work Supports

Tuesday, May 18, 2021 - Talking About Race Join the WOW team as we talk about race (people of different colors and nationalities)

How wonderful it is that nobody need wait a single moment before starting to improve the world.

~ Anne Frank



SARTAC Zoom Meetings

12noon Central Time (in Illinois)

Join on computer, tablet or smartphone

<https://zoom.us/j/324815633> or call 1-929-436-2866

Meeting ID: 324 815 633

[Click Here](#) for handouts shared during Zoom Meetings

April 26 - Monday

People First Wisconsin

Cindy Bentley is the executive director of People First of Wisconsin. They run the **Self-Determination Youtube channel**. Learn about this powerful state self-advocacy organization.



April 29 - Thursday

Parenting with a Disability

Meet **TASP - The Association for Successful Parenting**. They support families when parents have intellectual disabilities. TASP works to make sure everyone, regardless of age, income, race, sexual orientation, background, or learning difficulties has a chance to parent.