

Illinois Self-Advocacy Alliance

## The Alliance News

Issue #114

October 2021



# SPEAK UP AND SPEAK OUT

## summit

**Building a New World that includes  
Independence, Belonging,  
Inclusiveness and Respect**

**November 16 – 18, 2021**

**Virtually using Zoom Webinar**

For information about the Summit, please visit the website [here](#). You can also call 815.464.1832 or email [becca@thearcofil.org](mailto:becca@thearcofil.org).

### **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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## Relationships on Tap

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

These monthly gatherings are held on the 3<sup>rd</sup> 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, October 15, 2021**                      **11am – 12noon**

Join [here](#) – Meeting ID: 883 8031 4430. Passcode: 116514.

## Recorded Webinar

### “Fighting Ableism Together”

Recorded live on Wednesday, September 22, 2021

This webinar defined and explained ableism, provided stories of self-advocates' experiences with ableism, explored how ableism is connected to racism, sexism, and other forms of oppression, and shared strategies for navigating and fighting ableism in our lives and communities. The presenters, Helen Rottier and Timotheus “T.J.” Gordon, Jr., are disabled self-advocates, researchers, and activists in the Chicagoland area.

View the recording [here](#) and the presentation slides [here](#).

## Recorded Webinar

### “Let’s Talk About Bullying!”

Recorded live on Tuesday, October 5, 2021



October is bullying prevention month. Alliance Ambassadors Iris Pickins & Tavarus Wesley (Alliance Board Chair) will give a presentation about bullying. We will learn about bullying, hear statistics and discuss what to do if you or someone you know is being bullied.

View the recording [here](#) and the PowerPoint slides [here](#).

### Healthy Living Chit Chat: Awesome Autumn

Recorded live on Wednesday, October 13, 2021



Fall into the awesomeness of Autumn by exploring fun healthy foods and treat of the season.

View the recording [here](#) and the slides [here](#).

**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 send an article, a poem, a piece of artwork, photography, write a column, or ask a question. Send your content to [info@selfadvocacyalliance.org](mailto:info@selfadvocacyalliance.org).

## 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.

The focus at the September meeting was “Meeting Ideas Swap”; ideas on how to make self self-advocacy meetings efficient and effective were shared! Check out the recording [here](#).

Join the next meeting on

**Monday, October 25, 2021      2 – 3pm**

Join [here](#) - Meeting ID: 815 0762 5109. Passcode: 732905.



## Looking to enhance self-advocacy? Check out these resources!

Visit [SARTAC \(Self Advocacy Resource and Technical Assistance Center\)](#) is a one-stop resource for organizing and supporting self advocacy groups.

Check out [Self-Advocacy Online](#) to learn about self-advocacy and view videos from self-advocates.

And don't forget that The Alliance has many [resources](#) and recorded [presentations and webinars](#).



## **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



### **October 21** **How To Be A Self-Advocate Consultant**

Hear advice on how to work as a professional advocate. How much should you charge to speak? How do you figure out the time you need to prepare? How will it impact my benefits?

### **October 28th**

#### **Self-Advocacy SkillShare**

States will share their favorite ice breaker or activity!

**For example, learn how to do the Dating Game!**

