

## Illinois Self-Advocacy Alliance

# The Alliance News

Issue #109

May 2021



**Tuesday, May 25, 2021 1 – 2.30pm**

The Alliance invites you to join us to recognize and celebrate May as Asian American Pacific Islander Heritage Month. We will spotlight AAPI disabled leaders, advocates and artists followed by a panel discussion to hear from Asian Americans with disabilities share their stories, experiences and joys of living at the intersection of Asian American Pacific Islander and Disability. Register [here](#).

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.

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Website: [www.selfadvocacyalliance.org](http://www.selfadvocacyalliance.org)  
Find us on Facebook at Illinois Self-Advocacy Alliance

## Welcome Alliance Member Group - EP!C Chief Inspiration Officers

The EP!C Chief Inspiration Officers, located in Peoria, Illinois are 12 members strong and meet every other Thursday. Their Mission is to empower people to be strong self-advocates that show others how to stand up for things that are important to them, to inspire and teach new skills, and to create more inclusive communities throughout Illinois.

The Goal of the EP!C Chief Inspiration Officers are to

- Show people skills they already have
- Help people
- Learn about healthy relationships
- Learn about how things in our agency work
- Learn about disability laws

To connect with EP!C Chief Inspiration Officers, contact Hilary at [hcharlet@epicci.org](mailto:hcharlet@epicci.org).

**We are excited to learn with and from you!**



## 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, May 21, 2021

11am – 12noon

Join Zoom Meeting [here](#). Meeting ID: 844 7633 8156. Passcode: 932822.

## Welcome Alliance Member Group - Garden Center Dream Team

Located in Burbank, Illinois, the Garden Center Dream Team's 6 members meet every Monday; they are hopeful to add more members to support their mission, vision and goals!

The Mission of the Garden Center Dream Team is working together to create a culture that values, respects and empowers ourselves and others; the Vision is to use the power of our voices to create a better everyday life for ourselves and others.

The Dream Team's goals include

- Meeting and networking with other advocacy groups
- Creating an open door policy for any Garden Center consumers that have advocacy questions and/or need resources
- Creating a safe space for everyone that is part of the group
- Allowing members to disagree with each other and have conflict, but showing respect towards each other at all times

To connect with Garden Center Dream Team, contact Nicki at [nmartinez@gardencenterservices.org](mailto:nmartinez@gardencenterservices.org).

**We can't wait to learn with and from you!**

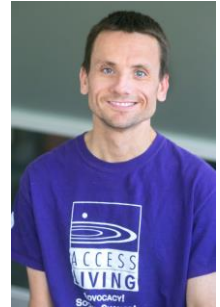


### 2021 Going Home Advocacy Day Recording

Check out the recording of the 2021 Going Home Advocacy Day on April 27, 2021 [here](#). The password is advocacy1!

**Keep Speaking Up and Speaking Out for  
Real Choices for Everyone!**

## **Healthy Living Chit Chat – Recorded Live on May 11, 2021** - Check out the recording [here](#).



At our May 2021 Healthy Living Chit Chat, we discussed the health benefits of Yoga and movement. Our featured speaker was Ryan McGraw, and he spoke about health benefits of movement and yoga, and share some basic techniques, tips to help you start on yoga and being more active indoors or outdoors.

## **Join us for the next Healthy Living Chit Chat on Tuesday, June 8 at 12.30pm!**

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](mailto:jaejinadvocacy@gmail.com).

## **April was Autism Awareness History Month!**



In celebration of Autism Awareness Month, The Alliance held Living the Autistic Life! - Panel Discussion. The moderator Helen Rotier, self advocate, and panel presenters included

Timotheus Gordon Jr: self advocate

Jada Thomson: self advocate

Dylan Miller: self advocate

Kimberly Johnson: parent

Liza Pereira Curiel: parent

The Panel Presentation was recorded live on Wednesday, April 28, 2021. Access the recording [here](#).

## 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, May 24, 2021      2 – 3pm**

### **Topic:**

Join Zoom Meeting [here](#). Meeting ID: 894 9713 2546. Passcode: 321989.

View the recording from the Advisor Meet Up on April 26, 2021 [here](#). The information that was covered included:

[Action Plan - Meeting or Event - Blank](#)

[Sample Action Plan - Meeting with Board of Directors of An Agency/Organization](#)

[Sample Action Plan - Meeting Candidates Running for Mayor](#)

We also looked at The Alliance's website and the following resources:

[Self-Advocacy Leadership Manual](#)

[It's My Right - DHS Rights - Accessible Version - June 2017](#)

**My ABILITY is stronger than my DISABILITY.**

**Recorded Webinar****“Learn About Illinois ABLE (Achieving a Better Life Experience)”**

Recorded live on Wednesday, May 5, 2021 View the recording [here](#).

IL ABLE - Achieving a Better Life Experience – is an account for living their best life and to help build their sense of independence. ABLE allows disabled individuals a path the 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.



IARF (Illinois Association of Rehabilitation Facilities) invites you to join us for a virtual fireside chat with U.S. Senator Tammy Duckworth. Join us to hear Senator Duckworth discuss her leadership on disability issues in the Senate, as well as a moderated Q&A session. We are honored and look forward to welcoming the Senator and Illinois providers to this important event.

Register [here](#). Information and details to join the Zoom will be sent upon registration.



## **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

**May 17 - Monday**

### **How I Use Technology Today**

Self-Advocates will talk about how they use technology in their lives to be more independent.



**May 20 - Thursday**

### **Health Disparities What Does that Mean?**

There are many reasons why people with disabilities do not get the health care they need. We want to hear about your experiences.

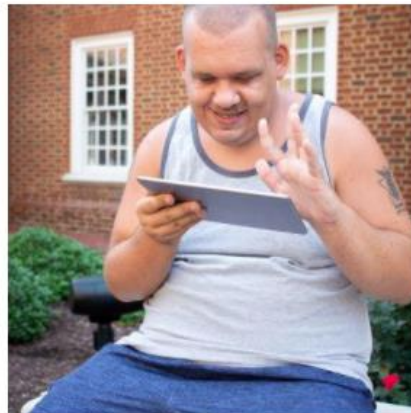
**More on Next Page!**

## SARTAC Zoom Meetings continued

**May 24 - Monday**

### **AAC or Augmentative and Alternative Communication Devices**

What is Augmentative and Alternative Communication or AAC and how do we talk with people who use AAC.



**May 27 - Thursday**

### **SAND (Self-Advocates Network Development) of Arkansas**

Join self-advocates from Arkansas to find out what is going in their state



**Weekly**



**Meetings**

Join Zoom Meeting

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

Dial by your location

+1 312 626 6799 US (Chicago)

Meeting ID: 810 6944 6373

Tuesday, May 18, 2021 at 2pm and 3.30pm

Talking About Race Join the WOW team as we talk about race (people of different colors and nationalities)

Tuesday, May 25, 2021

NO WOW - The Alliance is hosting Asian American and Pacific Islander Heritage Month!