

Illinois Self-Advocacy Alliance

The Alliance News

Issue #125

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One of The Alliance's goals for the next five years is to support Latino/a self-advocates, and to create and support a Latino/a self-advocacy group. Your input is needed for The Alliance to create an Action Plan to achieve this goal. The survey has ten questions, and it should have about five minutes to complete.

Take the survey in Spanish [here](#).

Take the survey in English [here](#).

You are encouraged to share this survey with other Latino/a self-advocates and community members.

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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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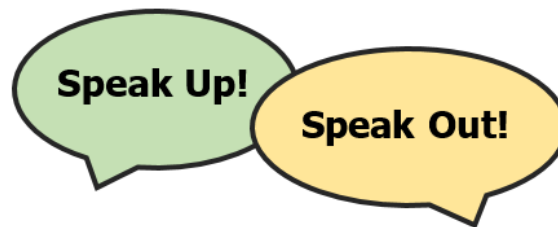
Website: www.selfadvocacyalliance.org

Find us on Facebook at Illinois Self-Advocacy Alliance

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Please complete this survey by Friday, September 30, 2022. If you need help taking the survey, please email info@selfadvocacyalliance.org.

Once the survey results are in, the next step will be to conduct virtual listening sessions with Latino/a self-advocates to learn more about what people need. Check out The Alliance's Facebook page for information on upcoming listening sessions.



Whether you need assistance with checking on the status of a FOID (Firearm Owner's Identification) card application or getting a pothole fixed, have concerns about your children's education or local library policies or have questions about Social Security or Medicare, your elected officials are available to help.

Below is a guide about how and when to contact the officials who were elected to serve you.

Know When to Contact Your State Legislators

Ever wonder who to contact when you have a question or concern relating to government?

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Before picking up the phone or sitting down in front of the computer to send an e-mail to your elected officials, take a moment to consider what level of government your issue applies to. Doing so can help you save time and get a quicker response from the right person or agency.

We understand that navigating the maze of government can be confusing for even the most well-informed citizen. That's why my staff and I are always here to help!

Many people are unsure who to contact with their concerns about today's most pressing public policy issues. A quick civics lesson can help clear up some of the confusion.

Everyone in Illinois is represented in Washington, D.C. by three legislators; your local member of Congress and two United States Senators.

Questions related to Social Security, Medicare, international affairs, immigration policy, and federal spending, for example, should be directed to your local Congressman and/or United States Senators.

Illinois' two United States Senators are Dick Durbin and Tammy Duckworth. Both have regional offices located throughout the state where you can contact them, or you can reach them online at durbin.senate.gov and duckworth.senate.gov, respectively.

To find your Congressman, all you have to do is enter your zip code on the official website of the U.S. House of Representatives, www.house.gov. Then just click on your Congressman's name and you will be automatically linked to their website, with contact information for getting in touch with the local office in your area.

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You are also represented in Springfield by one State Representative and one State Senator. Contact information for all of Illinois' 118 State Representatives and 59 State Senators can be found by visiting the Illinois General Assembly website, www.ilga.gov, or by calling the State of Illinois Directory Assistance line at (217) 782-2000.

Here are a few helpful tips for when you should contact your state legislators:

- To express your views for or against a particular House or Senate bill/legislative issue
- To get information regarding pending legislation or state laws
- To seek assistance in dealing with a state agency or program
- To suggest an idea for legislation
- To obtain information on the status of state highway construction or improvement projects
- To invite your legislator to speak at a local meeting (ex: Chamber of Commerce events, high school government classes, civic group meetings like Rotary, Kiwanis, or Lions Club, etc.)
- To request a letter of congratulations for a friend, loved one, or local business celebrating a milestone achievement

If you don't know whether your question or concern is local, state, or federal in nature, that's ok! Feel free to contact any of your elected officials and they can direct you to the right place.

NOTE: This information is from an email dated August 16, 2022 from Illinois State Representative Tom Demmer. While Rep. Demmer may not be your elected official, the information he shared applies to everyone. Thanks to Rep. Demmer for this great information!



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 Meetings



August 22 Meeting - New Covid Resources

Four state self-advocacy groups will share videos and other resources they made to encourage people to get the Covid-19 shot.

September 29 Meeting - Who is on Your Board?



We strongly believe in "Nothing About Us Without Us." State self-advocacy organizations have people with disabilities on their boards. But, some states also include board members without disabilities. Let's talk about it! Who is on your board?

Ever need help making decisions? Check out the Happy Safe Grid Video from Ohio Network for Innovation!



In this video, we learn how to use the Happy/Safe Grid to help us make decisions. This tool helps us see what our options are and how they compare to one another, all while reminding us to think about what's Important To and Important For us. Check it out [here](#).

Check out [Love is Respect](#) to learn more about

- Dating
- Personal Safety
- Getting Help
- Healthy Relationships
- Supporting Others



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.