

## The Alliance News

Issue #126

October 2022



**I speak up  
for myself by...**

LCAA (Livingston County Advocates in Action) members in Pontiac, Illinois participated in an I Speak Up for Myself By....Activity in which they shared ways they advocate for themselves. Here's what self-advocates shared:

- Talking with my friends when I want to. Mike Kp.
- Letting my staff know I want to attend book club, so they can help me with my tablet. Mike Kl.
- Letting my friends know when I want to hang out with them. Wayne S.
- Using my voice to speak up for myself and others. John M.

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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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- Using my voice to tell people they are awesome. Kiana E.
- Going to my room to talk to my friends on the phone in private. Joe F.
- Letting my parents know what I want to eat for breakfast. Melissa H.
- Talking with my guardian/parents to tell them I want to be my own guardian, so I can make more of my own choices. Patty D.
- Asking my mom for help to fix my computer when it's not working. Jessica H.
- Talking with my Pastor. Eric L.

### **How do YOU speak up and speak out?**



### **Rainbow Groups**

Click [here](#) to learn more

Rainbow groups are groups for self-advocates who are members of both the intellectual and developmental disability community as well as the LGBTQ+ community.

Virtual Rainbow Group - This group is on Zoom and is open to people from any region in Massachusetts and other states.

- Second Wednesday of each month at 4:30 - 6:30pm Central Time to socialize and meet friends
- Last Tuesday of each month at 4:30 - 6:30pm Central Time to learn and talk about LGBTQ+ topics

Where: <https://us02web.zoom.us/j/84122253807>



Welcome Brian Antczak

The Alliance's Youth and Transition Coordinator!

Brian is a self-advocate from Pontiac, Illinois. A graduate of Pontiac Township High School, Brian is a janitor at Stoller International. Brian is a former member of Livingston County Self-Advocates in Action (LCAA), and a graduate of Illinois Partners in Policymaking. He has presented at transition conferences, the local mental health board, and at Speak Up and Speak Out. Brian started a book club after attending a presentation about a book club Speak Up and Speak Out!

As the Youth and Transition Coordinator, Brian is responsible for outreach to engage with transition age youth ages 14½ - 30, their families, educators, and professionals. Through presentations, Brian will share his self-advocacy story and encourage youth to

- speak up for themselves
- make their own decisions and choices
- have hopes and dreams

In his free time, Brian enjoys fishing, watching tv, playing video games, car racing and shopping. You can email Brian at [brian@selfadvocacyalliance.org](mailto:brian@selfadvocacyalliance.org).

Self-advocacy is a journey. Self-advocates start where they are at, and they get to decide what their "next" is. Be open and supportive of where self-advocates start and where they want to go. Celebrate all victories...small, large and everything in between. Every journey begins with a single step. Celebrate ALL the steps.

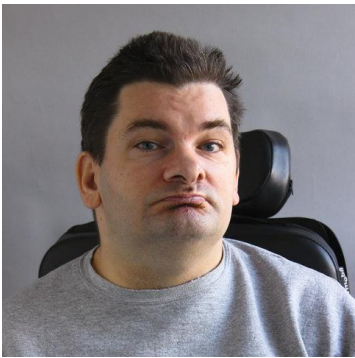
## Upcoming Webinar

### **“View of the Arts and Listen to Poetry about Fall”**

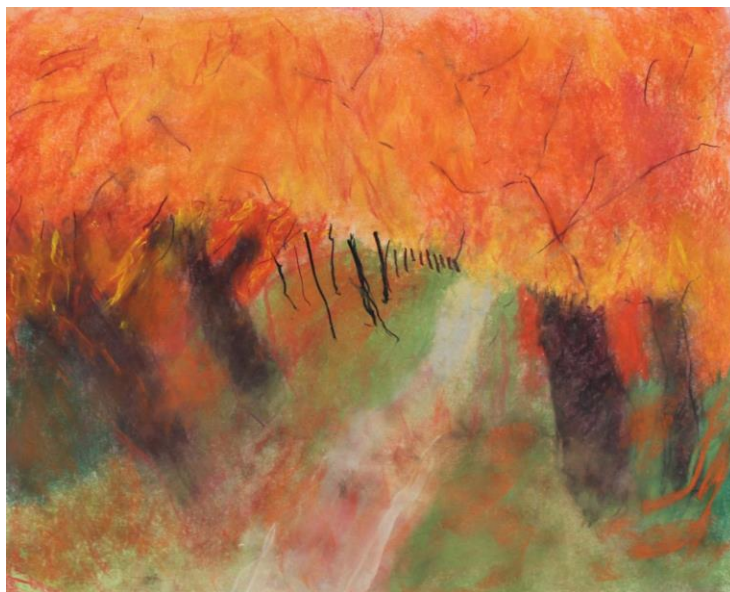
Thursday, November 10, 2022

10.30 – 11.30am Central Time

Join by clicking [here](#). Meeting ID: 838 9994 7228. Passcode: 117650



Chicago artist Christopher Viau is committed to following the path creativity revealed to him. A technically accomplished artist, Christopher isn't focused on just one style or media. Instead, he allows the inspiration and concept that comes from the piece to guide him to the right materials that will communicate his message. Christopher is also an accomplished poet, having published two books of original poems. Join artist and poet Chris Viau as he shares his artwork and poetry about fall.



Looking at the Colors by Chris Viau



## **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



## **October 13 – The Power of the Disability Vote**

No matter how you need to vote, whether by mail or in person. It is our right to participate in the political process.

Presentation by NDRN - National Disability Rights Network



## **October 20 – We Need to Get Back to Basics**

Have We Gotten Soft on Advocacy? We got this far because leaders and groups were not afraid to speak up for the changes we want in our lives. Are we carrying the mission of providers or what we truly believe?

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## SARTAC Meetings continued from page 5



October 27 – Looking Back and Looking to the Future

There is a new exhibit about the horrifying conditions at Willowbrook Institution. Self-Advocates fought for years to shut it down. But where do we go from here? What dreams do we have now for a better life for people with disabilities? We want to hear from each state. What are your advocacy goals to take us forward.



The rules providers need to follow are called the HCBS Settings Rules. The deadline for states to comply with these federal rules is March 2023. These slides teach self-advocates about the rules.

Check out the resource [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).