**SANYS Weekly Event Update 7/6/2020**

**Here’s what you might have missed**

**Right of the Week, Marilyn Stata**, OPWDD Rights Advocacy Liaison

 Everyone served has the right:

Right # 1 which States

The right to participate in developing a Life Plan Which Includes Person Centered Planning that addresses the person's preferences: Capabilities and Capacities that translate into Staff Action Plan that states outcomes and the specified time line to Achieve them.

I am choosing this right because right now during this Pandemic individuals don't think that they are being heard by staff when they speak up about their needs . This is an important piece to their lives.

Core competency of the week: Promoting – Competency D: Facilitating Personal Growth and Development.

**Wellness Activity: Allen Fontaine, SANYS Finger Lakes Grassroots Field Assistant**

Wellness Activity:

"Inside Out" Anxiety & Depression - How to be Happy (even if you've forgotten what it feels like)

Song: Lean on Me by Bill Withers

<https://www.youtube.com/watch?v=Jrlhn1H1EWw>

Wellness quote of the week:

“What you do makes a difference, and you have to decide what kind of difference you want to make.” – Jane Goodall

**Tuesday Wellness: Core Competency with Renee Christian, Regional Centers for Workforce Transformation and Certified Life Coach.**

**What’s Upcoming this week**

**Monday July 13th**

9:30-10am Coffee Clutch – Hosted by SANYS LI Join Zoom Meeting [https://us02web.zoom.us/j/200922882](https://www.google.com/url?q=https://us02web.zoom.us/j/200922882&sa=D&ust=1589632654127000&usg=AOvVaw1LFoYUS0NIJ4xw_Uwelb4z) Meeting ID: 200 922 882 One tap mobile +19292056099,,200922882# US (New York)

1pm-2pm SARTAC National Self-advocacy Call Join on computer, tablet or smart phone - [**https://zoom.us/j/324815633**](https://zoom.us/j/324815633)Or call 1-929-436-2866 and the Meeting ID: 324 815 633

**Tuesday July 14th**

11-12 Communication is Key Chat Hosted by the Center for Self Advocacy

Join Zoom Meeting

<https://us02web.zoom.us/j/632063927>

Meeting ID: 632 063 927

Password: 12344

One tap mobile

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**4-5pm: Tuesday Wellness series**, this week we’ll be talking with Allen Fontaine, SANYS Finger Lakes Grassroots Field Assistant on What causes anxiety and Depression - Inside Out and  How to be Happy [Even If You've Forgotten What it Feels Like]

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Tuesday, July 14th Zoom link:

 <https://us02web.zoom.us/j/88244148971> Meeting ID#: 882 4414 8971 Call in: 1-929-205-6099

 **Wednesday July 15th**

**1pm-3pm “Staying Connected” Advocacy – Wellness Zoom (one link for both Advocacy and Wellness)**

Advocacy:

The ADA and Me- Sean Kirst from the Buffalo News is expected to join us to hear from self-advocates about how 30 years of the ADA has impacted their lives – off the record

And

Wellness:

Meditation with Shameka Andrews; Right of the Week with Marilyn Stata; Wellness Quote with Renee Christian; Wellness Activity: The ADA and Me – BJ Stasio, SANYS President sharing the Five Titles of the ADA and what that means for you

<https://us02web.zoom.us/j/88433136961>  or Call in: 1-929-205-6099  Meeting ID: 884 3313 6961

**Thursday July 16th**

11-12 Communication is Key Chat Hosted by the Center for Self Advocacy

Join Zoom Meeting

<https://us02web.zoom.us/j/632063927>

Meeting ID: 632 063 927

Password: 12344

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**Friday July 17th**

**1-3pm “Staying Connected” Open Mic Supportive Group**

<https://us02web.zoom.us/j/84144965654>Call in: 1-929-205-6099  Meeting ID: 841 4496 5654

**Saturday July 17th DJ Zoom Party**

7:30pm DJ Jammin Joe Saturday Dance Party  <https://zoom.us/j/98074946684>

