**SANYS Weekly Event Update 6/29/2020**

**Here’s what you might have missed**

**Tuesday Wellness:** “Sujeet Desai, Motivational Speaker and Musician: "believe in yourself and believe you can do it."

making of the Paralympic: https://vimeo.com/174742974

**Wednesday “Staying Connected” Advocacy-Wellness**

**Advocacy:**

Listening Forum on Race and Inclusion- A Panel of SANYS Members shared their stories

Wellness:

**Shameka led us in a peace meditation – ahhhhh…check out Shameka’s YouTube Channel**[**https://www.youtube.com/channel/UCZQMLhMrdwpC72CFHpyyyyw?view\_as=subscriber**](https://www.youtube.com/channel/UCZQMLhMrdwpC72CFHpyyyyw?view_as=subscriber) **Meditation Apps** – Calm, Headspace, Insight Timer

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

Everyone served has the right:

To have the opportunity to register to vote and participate in activities related to his/ her civic responsibilities.

Hello, I am choosing to use right #9. I choose this right because yesterday was the Primary election. I feel better now that my voice has been heard and I look forward to a new person in office and seeing a difference in my Government. – Marilyn Stata

**Wellness Quote and Core Competency of the week with Renee Christian**self-advocacy lead for Regional Centers for Workforce Transformation and Certified Life Coach.

“Wellness quote of the week:

“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.”  
  
Roy T. Bennett

Core competency of the week: Promoting Advocacy with the Individual

Wellness Activity:

Continued discussion on Race and Inclusion

***The Flower:*** <https://www.youtube.com/watch?v=3Vz0dnn69gM&pbjreload=101>

Friday – SANYS WNY (Buffalo and Finger Lakes) mini Conference via Zoom (our first ever):

Our Guest Speakers were: Dalton Letta of Campaign D, Julia Harris “License to Smile”, and Cooking with Carl: S’mores Brownies.  Thanks to all who participated in the ground breaking event!

**What’s Upcoming this week**

**Monday June 29th**

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 June 30th**

**4-5pm: Tuesday Wellness series**, this week we’ll be talking on Race and Inclusion: June 30th link:

<https://us02web.zoom.us/j/85287600584> or call Meeting ID: 852 8760 0584 1-929-205-6099

**video on Systemic Racism (see link below)**

[**https://www.youtube.com/watch?v=YrHIQIO\_bdQ&feature=youtu.be**](https://www.youtube.com/watch?v=YrHIQIO_bdQ&feature=youtu.be)

***Song -The Flower:*** <https://www.youtube.com/watch?v=3Vz0dnn69gM&pbjreload=101>

**Wednesday July 1st**

**1pm-3pm Staying Connected” Advocacy – Wellness Zoom**

Advocacy:

Wellness:

Meditation with Shameka Andrews; Right of the Week with Marilyn Stata; Wellness Quote with Renee Christian; Wellness Activity: Core Competency with Renee Christian

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

**Friday July 3rd**

NO Open Mic Supportive Group zoom today because of the Holiday

**Saturday June 27th DJ Zoom Party**

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

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