**SANYS Weekly Event Update 7/272020**

**Here’s what you might have missed**

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

 Everyone served has the right:

OPWDD Right # 8 which states

The Opportunity to participate  in religious activities of his/her choice . I am choosing this right as religious places are starting to open.

What we can expect to do once they open what precautions do we need to take and see how it will affect our wellbeing.

Wellness Quote of the Week:

“We cannot change what we are not aware of, and once we are aware, we cannot help but change.” – Sheryl Sandberg

**Tuesday Wellness: Celebrate 30th Anniversary of The ADA with BJ Stasio, SANYS President and Robin Bennett, Disability Advocate and Past Chairwoman Michigan SILC**

**Meditation with Shameka Andrews**, SANYS Outreach Coordinator.

**Meditation Apps** – Calm, Headspace, Insight Timer

**ADA Celebration**

<https://sanys.org/news/ada30-discussion-with-lieutenant-governor-kathy-hochul/>

Imagine: ColdPlay Ft. Emmanuel Kelly

 <https://www.youtube.com/watch?v=-TR3cBly2LQ>

**What’s Upcoming this week**

**Monday July 27th**

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>Or call 1-929-436-2866 and the Meeting ID: 324 815

**Tuesday July 28th**

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

+16468769923,,632063927#,,,,0#,,12344# US (New York)

+13126266799,,632063927#,,,,0#,,12344# US (Chicago)

**4-5pm: Tuesday Wellness series**, this week we’ll be talking with Evan Yankey, SANYS NYC Regional Asst. Coordinator and Policy Advisor who will review the SANYS Easy Read: OPWDD Home and Visitation; OPWDD Community Outings Guidance; OPWDD Day Program Guidance. Tuesday, July 28th zoom link: <https://us02web.zoom.us/j/84110979606>

Meeting ID#: 841 1097 9606 Call in: 1-929-205-6099

5:30pm -6:30pm PrideAbility of Buffalo  Tuesday 7/28/20

Chat ID 716 322 7070

Password on request to rbanner@people-inc.org

**Wednesday July 29th**

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

Advocacy: Taking the Bus Safely During CoVid presented by SANYS Right 2 Ride project

Wellness: Meditation with Shameka Andrews, Rights Quote with Marilyn Stata, Wellness Quote and Core Competency with Renee Christian, and Wellness Activity. Zoom link:

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

**Thursday July 30th**

11-12 Communication is Key Chat Hosted by the Center for Self-Advocacy. Join Zoom Meeting

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

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**Friday July 31st**

**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 August 1st**

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

