**SANYS Weekly Event Update 8/24/2020**

**And here’s what you might have missed last week of 8/17**

**Tuesday Wellness Series: Wellness Activity:**

**SANYS Talent Showcase during the Tuesday Wellness series**, last week, we **featured YOU** and your many gifts and talents.

**Wednesday: Was a Special “We Have Choices” 10 Anniversary Celebration – we honored Bernard Carabello and heard from some of the self-advocates featured in the video: Steve Fleisher, John Henderson with a special song by Steve Holmes**

**Friday’s “Staying Connected” Open Mic Support Group: Discussion on what and how would you change the world**

**Videos:**

**How would you Change about the World by Soul Pancake** [**https://www.youtube.com/watch?v=hqznUenqN\_s&vl=en**](https://www.youtube.com/watch?v=hqznUenqN_s&vl=en)

**Want to change the world - be brave enough to care by Cleo Wade.** [**https://www.youtube.com/watch?v=yg8SBuTuoKk**](https://www.youtube.com/watch?v=yg8SBuTuoKk)

**Song suggested by Mike - Glory. by John Legend**

[**https://youtu.be/HUZOKvYcx\_o**](https://youtu.be/HUZOKvYcx_o)

**Here is what’s coming up this week, 8/24/20**

**Monday August 24th**

**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 August 25th**

**11am-12pm 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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+13126266799,,632063927#,,,,0#,,12344# US (Chicago)

**4-5pm: Tuesday Wellness: “We Have Choices” 10th Anniversary Celebration:** Continued discussion on the 10 anniversary of the SANYS "We Have Choices" video that highlights people directing their lives as they choose.

Zoom Link <https://us02web.zoom.us/j/89620128756>

Meeting ID:896 2012 8756 Call in: 1-929-205-6099

 **Wednesday August 26th**

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

Zoom Link:  <https://us02web.zoom.us/j/88433136961>

Meeting ID: 884 3313 6961 Call in: 1-929-205-6099

Today’s Advocacy Wellness meeting:

**Advocacy:** Racism & Inclusion – What is Racism? with Chester Finn, OPWDD  Individual & Family Advocate

**Wellness:** Right of the week with Marilyn Stata, DDSO FL Rights Liaison, Quote of the week and activity with Shameka Andrews, Outreach Coordinator: We’ll be talking about creating our own vision boards with Shameka on – “What Inclusion Means to Me”

**Tips for Making your own Vision Board**

A vision board can be used for your affirmations and/or your goals.

You can make a vision board out of construction paper and pictures in a magazine or use your own pictures.

You can make a vision board using a binder or a scrapbook.

You can also make a digital vision board on your computer using a website like canva.com. I will be demonstration how I use this site to make my digital boards at a future meeting.

**Thursday August 27th**

**11am -12pm 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)

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**Friday August 28th**

**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

**4:30pm -5:30pm Happy Hour** Friday hosted by People Inc.

Chat ID 716 322 7070

Password on request to rbanner@people-inc.org

**Saturday August 29th**

**1-2pm** Saturday Chat with Gwen hosted by People Inc.

Chat ID 716 322 7070

Password on request to rbanner@people-inc.org

**DJ Zoom Party,** 7:30pm DJ Jammin Joe Saturday hosted by Joe Damiano

Dance Party  <https://zoom.us/j/98074946684>