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

**And here’s what you might have missed last week of 8/24**

**Tuesday Wellness Series: Wellness Activity:**

**We Have Choices -**we reflected on the We Have Choices event and all the choices we have today.

**Wednesday’s Staying Connected:**

**Advocacy:** We had a follow up discussion on racism and inclusion led by Chester Finn and Shameka Andrews. We watched a short video “The Look” and discussed our experiences of discrimination, stereotypes, and bias.

The Look - https://www.youtube.com/watch?v=aJav36Nbn58

**Wellness quote of the week**: “It’s the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen.” –Muhammad Ali

**Right of the Week with Marilyn Stata, OPWDD Rights Advocacy Liason**

Freedom from Physical or Psychological abuse, Punishment, Unnecessary use of Excessive medication, and Protection from exploitation.

I am choosing this right today so that we all understand that we have choices and a voice that when something happens to us or someone close to us we can help them understand what to do.

**Wellness Activity: Inclusion Vision Board with Shameka Andrews, SANYS Outreach Coordinator**

**Friday’s “Staying Connected” Open Mic Support Group: Discussion on Biases and Voting**

Darr Mann video about Bias:  <https://youtu.be/gurZcyLwybI>

Song suggested by Allen - I Can Only Imagine by MercyMe

https://youtu.be/LonOTKVmkeo

“No matter what your beliefs are, you have to believe in something and know you will get through” – Allen

**Here is what’s coming up this week, 8/31/20**

**Monday August 31st**

**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

**4:30-5:30pm**Tea Time hosted by People Inc.

<https://us02web.zoom.us/j/7163227070>

Meeting ID 716 322 7070

Password on request to gsquire[@people-inc.org](mailto:rbanner@people-inc.org)

**Tuesday September 1st**

**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#](tel:+16468769923,,632063927%23,,,,0%23,,12344%23) US (New York)

[+13126266799,,632063927#,,,,0#,,12344#](tel:+13126266799,,632063927%23,,,,0%23,,12344%23) US (Chicago)

**4-5pm: Tuesday Wellness:**   
Tuesday Wellness Series: Making a Vision Board

For our Tuesday Wellness Series this week we will be making Self Advocacy Vision Boards. What does Self Advocacy Mean to you? SANYS values are

HONESTY

RESPECT

INCLUSION

CHOICE

EQUALITY

FREEDOM

What is your vision of these words?

Some supplies you may need are construction paper, poster board, Markers, colored pencils or pens, magazines, scissors, glue or tape and anything else you would like to make your board. If you have a board already made feel free to be bring it to the meeting to share with the group

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

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

**Wednesday September 2nd**

**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:** Update on 20% Withhold of Funds from Services by BJ and Arnold

**Wellness:** Right of the week with Marilyn Stata, DDSO FL Rights Liaison, Quote of the week and Meditation with Shameka Andrews, Outreach Coordinator

**4:30-5:30pm**Tea Time hosted by People Inc.

<https://us02web.zoom.us/j/7163227070>

Meeting ID 716 322 7070

Password on request to gsquire[@people-inc.org](mailto:rbanner@people-inc.org)



**Thursday September 4th**

**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#](tel:+16468769923,,632063927%23,,,,0%23,,12344%23) 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

**Friday September 5th**

**10-11am**Coffee Hour hosted by People Inc.

<https://us02web.zoom.us/j/7163227070>

Meeting ID 716 322 7070

Password on request to gsquire[@people-inc.org](mailto:rbanner@people-inc.org)

**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  [gsquire@people-inc.org](mailto:gsquire@people-inc.org)

**Saturday September 6th**

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

Chat ID 716 322 7070

Password on request to  [gsquire@people-inc.org](mailto:gsquire@people-inc.org)

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

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