**SANYS Weekly Event Update 8/10/2020**

**Here’s what you might have missed**

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

Everyone served has the right:

Right # 4 States: The right to choose what to wear and what personal hygiene supplies to use.

This is an important right for everyone even for individuals in Dayhab, Program, Work or even staying home how we put

ourselves together is how others see us and how we are treated by our peers.

**Wellness Quote of the week shared by Shameka Andrews, SANYS Outreach Coordinator**

You can’t go back and change the beginning, but you can start where you are and change the ending.” – C.S. Lewis

**Wellness Activity:**

Shameka's Affirmations - meditation and the Denzel Washington's motivational speech - Fall Forward: https://www.youtube.com/watch?v=tbnzAVRZ9Xc Zoom link:

# Song: <https://www.youtube.com/watch?v=Scw0ZdcW39w>

# Unwritten by Natasha Bedingfield

**Wellness Quote of the week with Shameka Andrews, SANYS Outreach Coordinator**

“You can’t go back and change the beginning, but you can start where you are and change the ending.” – C.S. Lewis

**Wellness Activity:**

**Center for Self-Advocacy – “Listen to Me” program - speakers: Anne Haberer, Stephanie Mascio**

**“Staying Connected” Open Mic Supportive Group – Friday Zoom What Do You Want?**

<https://www.youtube.com/watch?v=ZML0eAZ-RwI>

The Question I Almost Didn't Ask And How It Changed My Life | Rita Wilson

Song: The Judd’s "Love can build a Bridge"

<https://www.youtube.com/watch?v=IvjOnKqubJU&feature=youtu.be>

**What’s Upcoming this week**

**Now here is what’s coming up this week, 8/10/20**

**Monday August 10th**

**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 11th**

**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)

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

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**4-5pm: Tuesday Wellness series**, this week we’ll be talking about Affirmations and how you can speak positive words into your own life with Shameka Andrews, SANYS Community Outreach Coordinator

meeting link:  <https://us02web.zoom.us/j/88284585474>

Meeting ID#: 882 8458 5474 Call in: 1-929-205-6099

**Wednesday August 12th**

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

Advocacy: SANYS Update

Wellness: Meditation with Shameka Andrews, Rights Quote with Marilyn Stata, Wellness Quote and Wellness Activity: Talent Showcase- Self-Advocates share their talent/gift

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

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

**Thursday August 13th**

**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

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Or call 1-929-436-2866 and the Meeting ID: 324 815 633

**Friday August 14th**

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

<https://us02web.zoom.us/j/84144965654>

or 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 15th**

**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>

