**SANYS Weekly Event Update 8/3//2020**

**Here’s what you might have missed**

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

**Right # 10 states: The use of his/her personal money on items and activities of his/her choice.**

I am choosing this right today because with this pandemic going we cant go out and get what we want . However we can Advocate to Staff our needs and see how they can provide us what we are asking. I think that this is important right now until we can go out on our own or accompanied by our staff.

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

**“I am only one but still I am one I can't do everything but I can do something and I won't let what I can't do interfere with what I can” - Edward Everett Hale**

**Tuesday Wellness Series:** We reviewed the SANYS Easy Read: OPWDD Home and Visitation; OPWDD Community Outings Guidance; OPWDD Day Program Guidance with BJ Stasio, SANYS President and Evan Yankee, SANYS NYC Regional Asst. Coordinator and Policy Advisor.

“**Staying Connected” Advocacy – Wellness Wednesday Zoom**

**Advocacy: SANYS Right to Ride - preview and discussion**

**Wellness:**

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

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

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

**“I am only one but still I am one I can't do everything but I can do something and I won't let what I can't do interfere with what I can” - Edward Everett Hale**

**Wellness Activity:**

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

# Song: Alicia Keys performs Beethoven’s "Moonlight Sonata" in honor of Kobe Bryant

<https://www.youtube.com/watch?v=bT6WmWVYPhI>

**“Staying Connected” Open Mic Supportive Group – Friday Zoom**

Wind Beneath my Wings - Bette Midler <https://www.youtube.com/watch>

**What’s Upcoming this week**

**Now here is what’s coming up this week, 8/3/20**

**Monday August 3rd**

**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 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# US (New York)

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

**4-5pm: Tuesday Wellness series**, this week we’ll be talking about the Center four Self-Advocacy “Listen to Me” program

8/4 meeting link: https://us02web.zoom.us/j/85323889330

Meeting ID#: 853 2388 9330 Call in: 1-929-205-6099

**Wednesday August 5th**

**10:30am – 12:00pm Finger Lakes Regional Group Meeting** (monthly AM meeting) (Open to All)

 <https://us02web.zoom.us/j/89319441519>

Or Call in: 1-929-205-6099 meeting ID: 893 1944 1519

**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 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

**4:00pm – 5:30pm** **Finger Lakes Regional Group Meeting** (monthly PM meeting) (Open to all)

 <https://us02web.zoom.us/j/88568300337>

Or Call in: 1-929-205-6099 meeting ID: 885 6830 0337

**7PM SPEAC Virtual Tatent Show** The link to register is [https://bit.ly/3fkJx4Z](https://l.facebook.com/l.php?u=https%3A%2F%2Fbit.ly%2F3fkJx4Z%3Ffbclid%3DIwAR0vV8Oc6_fAEM70JbH5L_ZTNGULTPB6EBn5Y7hTaWq8U4tt_QfiwTTYIrQ&h=AT3DfzaLKJwt_BORHeIevBfQOHQCt6YPA7DWJ5nY0fyEwqUvn2hwqf46YGHAtg7Aj0J88eov-8KZt_-tHjMZKG0uMRSV0A2qHWV3GaKNx9lzGj_6hLxac5wR3OhDnAXLMQ&__tn__=-UK-R&c%5B0%5D=AT3OAnNHuYv5MK-K43yM0LNfaPsz_3LL3T_TCbC6a4PV-Cthqi-J7L7iooI5fV50ngpGKUMs0rRfZbtz3TkNvFDKOjBUUce1e-QhxqG0dO44ByChXP-SsW9xNII61__cshBwMHUr_xYeYDsjpB0MiNqCt5csT-wIIQ)

**Thursday August 6th**

**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)

**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 August 7th**

**1-3 “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 8th**

**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

