**SANYS Weekly Event Update 9/8/2020**

**And here’s what you might have missed last week of 8/31**

**Tuesday Wellness Series: Wellness Activity:**

**We created a Vision Board on Self Advocacy with Shameka**

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**Wednesday’s Staying Connected:**

**Advocacy:** We had an overview of the 20% Withhold

Video of 20% Withhold Easy Read being read- <https://youtu.be/BB2JKv6idk0>

**Wellness quote of the week**: “Choice is the mortar that binds together the things that make us who we are.” ― Fennel Hudson

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

The opportunity to request an alternate living/work /day program setting.

It is your choice but with this also comes consequences when not followed properly. So with this being said you need to talk with your circle of support and include your care manager with your needs so that they are met to your satisfaction.

**Wellness Activity: A Message from SANYS Member, Board Advisor and Minister, LaRenz Pickens**

<https://drive.google.com/file/d/1zaB63arsXrTpLRwNciNQmi6B1OY1Qdfc/view?usp=sharing>

**Friday’s “Staying Connected” Open Mic Support Group: Speaking UP**

We read aloud an article about speaking up for ourselves even in tough times.

<https://www.forbes.com/sites/andrewpulrang/2020/04/24/5-reasons-why-theres-no-wrong-time-to-fight-for-disability-rights/?fbclid=IwAR2sQJNnxto9Yspe-dLpbgT2LsVeP1n7XMFZ_gau4Ej4bnWizMnFc1uprec#5b493a13ac1c>

Song suggested by Mike – Get Up, Stand UP by Bob Marley <https://youtu.be/Tg97JiBn1kE>

Song suggested by Sophia from Gwen- Brave by Sara Barielles

<https://youtu.be/QUQsqBqxoR4>

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

**Tuesday September 8th**

**4-5pm: Tuesday Wellness:**   
  
Topic: Tuesday Wellness Series - Right to Choice Vision Board activity with Renee Christian, Self-Advocacy Lead for Regional Centers for Workforce Transformation and Certified Life Coach

<https://us02web.zoom.us/j/83725790129>

Call In: 1-929-205-6099

Meeting ID: 837 2579 0129

**Wednesday September 9th**

**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:** Vote!- Registering and Ways to Vote

**Wellness:** Right of the week with Marilyn Stata, DDSO FL Rights Liaison, Quote of the week, 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 rbanner@people-inc.org

**Thursday September 10th**

**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

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**Friday September 11th**

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

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

Meeting ID 716 322 7070

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

**Topic:** **Capital/Hudson Valley Region - DANCE PARTY**

**Time:** **Sep 11, 2020 6:30 PM Eastern Time (US and Canada)**

If you have a favorite song that you'd like to hear, please email Shameka Andrews at [**sandrews@sanys.org**](mailto:sandrews@sanys.org).  We will try to add as many as we can to the playlist.

**Join Zoom Meeting**

<https://us02web.zoom.us/j/81306344518>

**Meeting ID:** **813 0634 4518**

**One tap mobile**

**1-929-205-6099,81306344518# US (New York)**

**Saturday September 12th**

**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>