**SANYS Weekly Event Update for the week of 3/22/2021**

**And here’s what you might have missed last week**

**Ford Foundation Featured Video: Rebecca Cokley: Social Justice Inclusion for People with Disabilities** [**https://www.fordfoundation.org/campaigns/there-is-no-justice-without-disability/rebecca-cokley/?mc\_cid=086c0513b3&mc\_eid=29cdab3c03**](https://www.fordfoundation.org/campaigns/there-is-no-justice-without-disability/rebecca-cokley/?mc_cid=086c0513b3&mc_eid=29cdab3c03)

Joe Damiano shared a mindfulness meditation video

 <https://www.youtube.com/watch?v=6p_yaNFSYao>

**Quote of the Week suggested by Shameka Andrews**

**“One of the most important things you can do on this earth is to let people know they are not alone.” – Shannon L. Alder**

**Staying Connected Experience and Right of the Week by Marilyn Stata**, **DDSO Rights Advocate and Gwen Squire: (taken from 30 Human Rights, easy read)**

Right # 26 which states The Right to own Property. I am choosing this right because of the importance that you have with owning your own things and personal possessions. It doesn't mean that you can’t rent or Lease but you can call it your own .

“This has been a difficult year for me with this pandemic and figuring out how I can still help people with not being able to get into groups. It has been harder than normal for me I am still working but differently than I am used to working. I am slowly getting back to what I feel is more normal than this past year.” – Marilyn Stata

**Closing Song of the Week** as suggested by Shameka Andrews

Shania Twain – Up!

[**https://www.youtube.com/watch?v=-FMhUNSIxks**](https://www.youtube.com/watch?v=-FMhUNSIxks)

**Here is what’s coming up this week**

**Monday March 22nd**

**9:30-10:00am Coffee Clutch**

[https://us02web.zoom.us/j/200922882](https://www.google.com/url?q=https://us02web.zoom.us/j/200922882&sa=D&source=calendar&ust=1612616023256000&usg=AOvVaw15PrcWIe96pW5jULgmy7MB)

Meeting ID: 200 922 882

One tap mobile +19292056099,,200922882# US (New York)

**10-11a Coffee Chat 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)

**SARTAC ZOOM Meeting**

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| |  |  | | --- | --- | | |  | | --- | | **SARTAC Zoom Celebration**  Last year, on March 17, 2020, SARTAC started hosting 2 national Zoom meetings a week for self-advocates. We are family. We come together to share information and support each other. | | |
| |  |  | | --- | --- | | |  | | --- | | **We are celebrating on March 22nd. Show us your talents.**  **Read a poem you wrote, play an instrument, show us your art**  **﻿or other things that you've made!**  **Email**[**Max@gmsavt.org**](mailto:Max@gmsavt.org)**to sign up** | | |

1:00 ET, Noon CT, 11:00 MT, and 10:00 PT

Join on a computer, tablet, or smartphone

[https://zoom.us/j/324815633](https://zoom.us/j/324815633?fbclid=IwAR1fV6xwN3Ix_78MPspQ9oxZLeFSWC7hkrk4odR75mnB3ztug0PR11S8q4E)

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

Or go to zoom.us click on join a meeting and put in 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 [rbanner@people-inc.org](mailto:rbanner@people-inc.org)

**Tuesday March 23rd**

**10-11a Coffee Chat 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)

**11:00 am Social Justice Group hosted by Center for Self Advocacy**

<https://us02web.zoom.us/j/86200517129?pwd=WE9ZQlFDRW9OV3JDeTRjWDI5NzNuQT09>

One tap mobile +17209289299,,86200517129#,,,,,,0#,,12344#

Dial by your location

        +1 720 928 9299

Meeting ID: 862 0051 7129

Passcode: 12344

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

**Wednesday March 24th**

**10-11a Coffee Chat 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)

**1-2:45pm Staying Connected Advocacy/Wellness**

Guest Speaker : One Year Celebration of Staying Connected on Zoom presented by the SANYS Finger Lakes team

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

Meeting ID: 884 3313 6961

Call in: 1-929-205-6099

**3-4:30pm Adventure Time Wednesday: Exploring the World through Art: Books, Poems, and Music.**

Zoomlink:  <https://us02web.zoom.us/j/83386639115?pwd=U3prVXF5RFh1K0MzQU5LeC9FaE5sZz09>

Meeting ID: 833 8663 9115  Call In#1-929-205-6099

Passcode: 12344

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

**Thursday, March 25th**

**10-11a Coffee Chat** 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)

**11 am – noon: Women’s Group, hosted by the Center for Self Advocacy, Inc.**  At this meeting we will continue our discussion on Womens’ History month and our place in history.

[https://us02web.zoom.us/j/82909170074?](https://us02web.zoom.us/j/82909170074?pwd=NkNxaE1ycWFsRGN6aFpJbXkyWXlpQT09)

Meeting ID: 829 0917 0074

Password on request to [smascio@center4sa.org](mailto:smascio@center4sa.org)

**SARTAC ZOOM Meeting**

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**What the Heck is Vermont LEND?**

Do you want to learn how to be a better leader? Do you want to learn more about disability, working as a team, policy, racism, ableism, person-centered care and how to work better with people from different cultures? Come and learn more about VT LEND. It is a remote disability Leadership Training program at the University of Vermont.

1:00 ET, Noon CT, 11:00 MT, and 10:00 PT

Join on a computer, tablet, or smartphone

[https://zoom.us/j/324815633](https://zoom.us/j/324815633?fbclid=IwAR1fV6xwN3Ix_78MPspQ9oxZLeFSWC7hkrk4odR75mnB3ztug0PR11S8q4E)

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

Or go to zoom.us click on join a meeting and put in 324 815 633

**Zoom Meetings Hosted by People Inc**

**Thursday Coloring/Crafts/Conversation from 4:30p-5:30p**

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

Meeting ID 716 322 7070

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

**Friday March 26th**

**Coffee Chat from 10-11a**

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)

**1:00 – 3:00pm Staying Connected: Open Mic Support Group**

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

**Zoom Meetings Hosted by People Inc**

Friday  Happy Hour from 4:30p-5:30p

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

Meeting ID 716 322 7070

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

**Saturday March 27th**

**1-2pm Saturday Social 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)

Meeting ID: 953 6268 9438  
Find your local number: <https://zoom.us/u/ad76AIx6Zs>

**7:30-9:30 DJ Joe Dance Party**

Join Zoom Meeting  
<https://zoom.us/j/98074946684>  
  
Meeting ID: 980 7494 6684  
One tap mobile  
+16699006833,,98074946684# US (San Jose)  
+19292056099,,98074946684# US (New York)

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