**Logo

Description automatically generated SANYS Update 3/28**

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

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**Click the picture to listen to this week’s right of the week**

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**Click picture to listen to this week’s quote of the week**

**Wednesday Staying Connected Closing Song of the Week as suggested by Hannah Brecher**

**Roar by Katie Perry**

[**https://www.youtube.com/watch?v=CevxZvSJLk8**](https://www.youtube.com/watch?v=CevxZvSJLk8)

Open - Mic Theme: Women Role Models and Disability Justice

1st hour video/ discussion

Woman Role Model - Uly Ramos interviewed by Disability Rights NY (8.10min.)

<https://www.youtube.com/watch?v=f4kt2yC9Rig>

2nd hour discussion:

# Intersectionality & Disability, ft Keri Gray, the Keri Gray Group [#DisabilityDemandsJustice](https://www.youtube.com/hashtag/disabilitydemandsjustice)

<https://www.youtube.com/watch?v=p2XN0CQazr0&t=88s>

Closing song:

suggested by Gwen Squire “Reach Out and Touch Somebody's Hand by Diana Ross”

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

**Text

Description automatically generatedSelf-Advocacy in Action on Youtube** [**https://www.youtube.com/channel/UC4O\_PuPvuCFmJKqtaTuHG-Q**](https://www.youtube.com/channel/UC4O_PuPvuCFmJKqtaTuHG-Q)

**Some of Shameka’s Favorite Meditations**

**101 Power Thoughts** [**https://www.youtube.com/watch?v=lz16YqpWkz4**](https://www.youtube.com/watch?v=lz16YqpWkz4)

**16 Second of Bliss** [**https://www.youtube.com/watch?v=-G\_MhMzwunA**](https://www.youtube.com/watch?v=-G_MhMzwunA)

**Weekly Zoom Meeting Calendar – The following meetings happen every week and the links are always the same unless noted schedule may vary on holidays. Check SANYS Statewide Facebook Page** [**https://www.facebook.com/SelfAdvNYS**](https://www.facebook.com/SelfAdvNYS) **and Website** [**https://sanys.org/news-and-events/**](https://sanys.org/news-and-events/) **for any updates and special events. Please save for future reference.**

**Monday**

**9:30-10:00am Coffee Clutch hosted by SANYS Long Island**

[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**

|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | **Today’s Topic: Is Your Group Good at Working with People from Any Background and Who Speak Any Language?** | | |
|  |

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**

**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**

**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**

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**

**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 hosted by the Center for Self Advocacy, Inc.** .

Communication is Key: The next meeting will be 4/1/21 than every two weeks after that

<https://us02web.zoom.us/j/632063927> , password 12344

Womens Group: The next meeting is 4/8/21 then the group meets every two weeks after that

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

**SARTAC ZOOM Meeting**

**Guest Speaker : Willian C. Brewer III “Everyday Artist”**

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**

**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 Meeting 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**

**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)