** SANYS Update 5/10/2021**

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

**Quote of the Week suggested by Jessica Campbell and shared by Jonathan Doherty:**

**“Life is a journey to be experienced, not a problem to be solved.” – Winnie the Pooh (AA Milne, Author – Winnie the Pooh series)**

**Right of the Week chosen and shared by MJ Stata, DDSO Rights Advocate: (taken from 30 Human Rights, easy read)**

**Right to live in an orderly society.**

**Which I think is important to all people. This pandemic makes it hard for people to feel that they still have choices of their living situations. – MJ Stata**

**Meditation and Featured Art with Shameka Andrews, SANYS Outreach Coordinator: Today’s Art is a Poem submitted by Brian J Liston from Saugerties NY its a tribute to his grandmother**

[**https://soundcloud.com/tasking-340807041/gentle-pink**](https://soundcloud.com/tasking-340807041/gentle-pink)

**Self-Advocacy in Action**

Mike Rogers interviews Chester Finn about his job as an advocate

https://www.youtube.com/watch?v=9yugP33DToM

**Upcoming special events**

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| **May 17 - Monday****﻿****How I Use****Technology Today**Self-Advocates will talk about how they use technology in their lives to be more independent. |

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| [**Click Here to Fill Out a Survey About SARTAC!**](http://r20.rs6.net/tn.jsp?f=001iKVPNi1pJXZ_mfs5LvivCVyouZZdX7ILOPszti0CzQfWmmMeSiYTyslOfiZbQxaNwIld0nodQq9nfYf5_6-e4QhzkB8sYl6NfyWP2KhEId9KYQdj02RGlwVlnA13zUiSJcxENNbMrM8WJLkyJuOi8AvT4Isir-3mei0p92H1PG0=&c=BR4xgmewvnbJVS-gqQ9U4upaHTBaPbdA_SVZDdm402mY2Mq8FxCTXw==&ch=7tWmkMukAE4e2nN_vLEmkPe7FvsJS3smJAghd1cMlfU26NsLBHXNLg==) |

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| **May 20 - Thursday****﻿****Health Disparities****What Does that Mean?**There are many reasons why people with disabilities do not get the health care they need. We want to hear about your experiences. |

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| **May 24 - Monday****﻿****AAC or Augmentative****and Alternative Communication Devices**What is Augmentative and Alternative Communication or AAC and how do we talk with people who use AAC. |

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**This Week’s Meeting Topics – Here is a list of this week’s meeting topics for links to these meetings please see the attached Weekly Zoom Meeting sheet which can also be found on our website.**

**Monday**

**Coffee Clutch hosted by SANYS Long Island** Coffee Break- fun, open chat

**Coffee Chat hosted by People Inc.** Open Chat bring a drink or not and relax.

**SARTAC ZOOM Meeting**

**May 10 - Monday**

**﻿**

**Abuse and Neglect 101: How to Report Abuse**

**and Neglect**

Self-Advocates will talk about what is abuse and neglect and how to report it. We will share peer resources.

Tea Time Hosted by People Inc.- Open Chat bring a drink or not and relax.

Tuesday

**Coffee Chat hosted by People Inc.** Open Chat bring a drink or not and relax.

Social Justice Chat- talk with other self-advocates about social justice issues

Tea Time Hosted by People Inc.- Open Chat bring a drink or not and relax.

Wednesday

Staying Connected Advocacy/Wellness

Self Advocates End Police Violence Forum - Janice Bartley, Hannah Brecher, Michelle Flood

**Adventure Time Wednesday: Exploring the World through Art: Books, Poems, and Music.**

Topic: Sharing Favorite Pieces of Arts created by you or someone else and the group is currently reading Being Heumann by Judy Heumann

Tea Time - bring a drink or not and relax.

Thursday

**Coffee Chat hosted by People Inc.** Open Chat bring a drink or not and relax.

**SARTAC ZOOM Meeting**

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| **May 13 – Thursday****﻿****Best Summer Ever!** |
| Get some popcorn and watch a movie.**Best Summer Ever** is a musical with actors & filmmakers with and without disabilities.[﻿A film by Zeno Mountain Farm](http://r20.rs6.net/tn.jsp?f=0018YAP_4vuAN3zDwcGLG9orS5II87Kreg1bmyPrn67eq34GCyKEn0kBdB4EngpBrB-ZGYKpv-0V9JhfnunxoNFSilIcT618uUMQx3PPaSv3ECj090ExrOwXLzNdhxyMmvQLypxZAkQUzlUNzjU_dIlFaT2kc3vAfyQnmjlBcw92-k=&c=mjS4xTIhpYMsfd7VJDc35XnuNE_220WcpviX6s2RfVeuqSiGGkz7oA==&ch=sdu-0CWOXmK-hbPTe_QxChDU8PWbZJDbDy3FTSFIpu25b6ga-fY-MA==&jrc=1) |

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Crafts & Coloring hosted by People Inc

**Fighting for Our Vote 2.0 Panel Discussion**

When: Thursday May 13th 7-8:15pm
Presented by League of Women Voters, NAACP and SANYS

Let’s continue the conversation about ensuring all Americans the rights of full citizenship. How do we get to vote? What happens to our ballots once they are cast? How is voting made accessible to all? What are some myths and facts about voting?

Panelists:

L. Nathan Hare, President and CEO, Community Action Organization of Western New York

BJ Stasio, President, SANYS (Self Advocacy of New York State)

Barbara Gunderson, LWVBN Voter Services Chair

Register in advance at: <https://us02web.zoom.us/webinar/register/WN_plVk7D0WT0SJmBivo5swWA>

After registering, you will receive a confirmation email containing information about joining the webinar.

Friday

**Coffee Chat hosted by People Inc.** Open Chat bring a drink or not and relax.

Staying Connected: Open Mic/ Support Group- break into small groups and talk

Happy Hour – Bring a drink or not, Open Chat

**Saturday**

Saturday Chat- open chat time with Gwen

Saturday Night Dance Party – Hosted by DJ Joe