** SANYS Update 5/17/2021**

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

**Quote of the Week suggested by Susan O’Hearn**

**"The only journey is the journey within" - Rainer Maria Rilke**

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

**Its right #22 which states Right to adequate living standard.**

**This is an important right for everyone . You have the right to ask if maintenance if something in your house isn't right for your standards or staff.**

**Meditation: Build Positive Internal Energy: Guided Meditation and Complete Breath**

**https://www.youtube.com/watch?v=l5crs-lCmGc**

**Song of the Week**

**The Answer is Blowing in the Wind by Peter, Paul and Mary:**

**https://www.youtube.com/watch?**

**Self-Advocacy in Action**

Engelic interviews Rick Banner <https://youtu.be/eTWWBEEtI6s>

**Upcoming special events**

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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**

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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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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

What issues should BJ bring to the CoVid and People with IDD Panel with Senator Manion?”

**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.

Womens Group

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

**SARTAC ZOOM Meeting**

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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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Crafts & Coloring hosted by People Inc

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