

SELF ADVOCACY SPEAKOUT

March 2021

Self Advocacy Equals Power

By Anja Calior

Self-Advocacy gives you the power and the strength to make decision over your life. I mean think about it, whose life is it anyway? Let me ask you something -- do you feel like you have the power, strength, and ability you need to make decisions over your life?

Decisions like what you wear? How to cut your hair? What hobby you want to try? Who you socialize with? What doctor you go to? Where you shop? What you want for dinner? What career you want to pursue?

Self-Advocacy is all about speaking up for yourself with confidence. Having self-confidence means you believe in yourself, your abilities, and your judgement. I love and believe in myself so much that I decided that it was time for me to make my voice heard. I talked about it with my mentor and she suggested I write a list. So, with the help of Katherine, my staff, I prepared for my annual ISP meeting this year by creating a list of things that I wanted to discuss.

I felt empowered when I went to my ISP meeting with my list ready. This year, I ran my meeting, I have a long list of goals that I want to accomplish. I had a list of activities I wanted to do and places I want to go. I read them off, and everyone listened to me and then we talked about them. It was such an awesome feeling and I would like you to experience that as well. I would like to encourage you to make the choice to take control of your own destiny.

That being said, I want to challenge you, or should I say, let's challenge each other, in a Biggest Winner Challenge. First off, please understand we are all winners. ALL OF US! I challenge you to think of something you have always wanted to do or maybe a place you have wanted to go. What are your hobbies or a job you have wanted to try? Let your team know what it is you dream of doing. Work with them to set a goal and make a plan. Let me know what your goal is and I will put it in my next article. We will keep updates on everyone and encourage each other.

After a lot of thought, I've decided that I want to encourage and empower others. My mentor and I are going to make a plan for me to do just that, starting with this challenge. If you really, really want it, you will succeed.



How I Keep Myself Motivated

By Kayla Walker

Hello everyone! I wanted to share with you some of the activities I enjoy doing during my free time. Making things with my Cricut machine is my new favorite craft. A Cricut is a cutting machine that can cut different materials for your project like paper, vinyl, and cardstock. Using vinyl I have made personalized cups, ornaments, and signs. Using cardstock paper I have made gift tags and greeting cards. Prior to the holidays I decided I wanted to give back to a program that means a lot to me. I am a member of LEAP, which stands for Life Enriching Activities Program. LEAP is an organization for anyone 18 and older with a disability.

We take trips in the community such as going to dinner, bowling, and different activities to interact with each other and make new friends.

Unfortunately, due to the pandemic, we have not been able to participate like we normally would and we've been limited to phone calls and Zoom. I decided to help raise money for the program by creating ornaments with my Cricut and selling them for \$5 each. My dad was so impressed with my idea that his company decided to match my earnings, which helped me raise over \$1000 for the program.

Recently I have acquired a Cricut easy press which is a tool used to iron on vinyl to jackets, shirts, pillows, bags, and shoes. I put my name on the front of my Fairhaven Industries zip-up coat and made a shirt for my grandma as a birthday gift.

With the help of my parents, I have been able to provide several gifts to family, friends, and organizations. Not only do we enjoy doing the projects together, but we are learning how to work with each other to complete these tasks.



2021 Biggest Winner Challenge

More details will be in my next article. If you have any thoughts, please share them with me. My email is anja.calior@gmail.com

Living with Type 2 Diabetes

By Justin Galloway

I have Type 2 diabetes and I take three oral medications everyday. Metformin, Januvia, and Glimepiride. I also have to check my sugar by pricking my finger every week. When my sugar is high, I feel tired all of the time, so it's important that I keep moving. I have to watch my sugar intake and the other things that I eat. I walk around the house after I finish eating a meal or get on my bike for exercise. I also walk when I'm at work. When my sugar is low I feel tired, weak, and sometimes hungry.

My primary care doctor helps manage my diabetes, but I know that some people have to see a special diabetes doctor. I hope that by hearing my story I can help someone else. My advice for other people with diabetes is to check your sugar regularly, take your medication, and keep moving. My advice for anyone dealing with a serious health issue is to listen to your doctor and to let them know when you don't feel good.



Bethany and Friends Movie Reviews! with Bethany & Friends Stephanie, Amanda, and Sam



Princess and the Frog:

A real classic. This animated Disney film is full of comedy, romance and music. This moving was inspiring. It's about a hardworking and ambitious young lady (Tiana). She meets a prince that has been turned into a frog by the evil Dr. Facilier. The prince thinks that Tiana is a princess and kisses her hoping it would break the spell. When he plants the kiss on her, she then turns into a frog too. That's when the adventure begins. Even if you have seen the original, you should take the time to see this one. It was a lot of fun to watch.



Spencer Confidential:

We found this movie to be funny and action packed. Mark Wahlberg is the main character. He is a great actor and let's just face it looks good in a pair of jeans. Spencer (Mark Wahlberg) is a cop in Boston who is sent to jail for beating up his police chief. When he gets out of jail, he is back to fighting crime and trying to solve two murders. Unfortunately, he goes through a lot of beatings, and even gets chased and bit by a dog. If you want a good laugh and enjoy action, this is definitely a must watch.



The Prom: *(only 1 of us liked this movie)*

The rest of us thought it was an over the top musical. It was just two hours of non stop singing and dancing. Some of us loved it and some of us hated it. Stephanie didn't like the tomboyish Emma. She had to cover her eyes so she didn't have to see some of Emma's scenes. Bethany said is just waaay too much singing and dancing. She said the characters would have one spoken line and then bust out into a 5 minute song. Now, on the other hand, Amanda said she absolutely loved this movie. It made her want to get up and dance and walk around singing.



Granddaddy Day Care:

This is a hilarious sequel to Daddy Day Camp. Some of us liked it and some didn't. It takes some everyday problems that a lot of people have like a bee in the car and makes you laugh. It's about a guy who is a writer that starts a senior citizens' center in his home. We all know how funny seniors can be. If you watch this one, and we suggest you do, you could look forward to falls, chases, small fist fights, and bickering. No one gets hurt but everyone is involved in something silly.



Don't forget to let us know what you think. Did a movie make you laugh, scream, or wish you'd have skipped it all together? Which character do you like the most? You can reach us at bethany.samchill@gmail.com

Healthy Snack Ideas

Everything Cucumber Bites

Ingredients needed:

Cucumber
Cream Cheese
Everything Bagel Seasoning

Wash and slice cucumber. Spread cream cheese on top of the cucumber. Sprinkle Everything Bagel Seasoning on top of cucumber and cream cheese and ENJOY!

Ants on a Log

Ingredients needed:

Celery
Peanut Butter
Raisins

Wash and cut celery. Spread peanut butter on the celery. Add raisins on top of celery and peanut butter. ENJOY!

Peanut Butter and Jelly Smoothie

Ingredients needed:

1 cup yogurt (low fat or plain vanilla)
1/2 cup fat free milk
2 tablespoons creamy peanut butter
1 tablespoon jam (strawberry or mixed berry)
1 banana (cut into pieces)

Mix all ingredients in a blender and ENJOY!

NEED A MENTAL BREAK?

Check out the Virtual Hope Box app for ideas to help distract you, inspire you, help you relax, and some overall coping skills to help manage stress.

Changes to HCBS Waivers in Ohio are being discussed. Those who are part of the workgroup (to figure out these changes) want to hear what you have to say about the Level 1 and SELF Waivers.

To make it easy for you and to hear from many, the Department of DD is asking that you complete a survey. You can find the survey at <https://www.surveymonkey.com/r/DDwaiver>.

Photography Club meetings are held on the first Thursday of the month beginning in March at 6:00 PM on Zoom. ALL ARE WELCOME.

Zoom ID #861 259 9172 Password is cat

The Self Advocay Speakout is published quarterly. The next issue will be released on June 1, 2021. If you want to be a part of the writing team, or have something to share for the Speakout Spotlight, please contact TekissaGraham@tcbdd.com