

SELF ADVOCACY SPEAKOUT

December 2021

Our Family Vacation

By Kayla

Even with the COVID numbers climbing, Dad, Mom, and I took our chances and hit the road. Luckily my brother was nice enough to stay home to watch our dogs. We first traveled to Kennesaw, Georgia to visit my cousin Molly and her family. We had tons of fun playing games, eating out, and playing with her new dog Archie. I wasn't really a fan of Archie, but boy did he sure love me!!

Our next stop was Savannah, Georgia where we took a ride on the Georgia Queen Riverboat and toured historic Savannah. We also went to Paula Deen's restaurant, The Lady and Sons. They had delicious family-style dishes. We had fried chicken, meatloaf, and pot roast with tomato and cucumber salad, mac and cheese, broccoli casserole and finally, for dessert, ooey, gooey butter cake. We were stuffed, which called for a nice relaxing evening after! The restaurant was by far my favorite thing to do. Unfortunately, I wouldn't suggest traveling to Savannah to go shopping as none of the stores were wheelchair accessible, and the hotel had quite a smell to it being in the Historic District of Savannah.

Next stop was Harrah's Cherokee Casino in Cherokee, North Carolina. We all played the slot machines and I won over \$100. It was so exciting!

Then off to Mount Airy, North Carolina to visit the Andy Griffith Museum. We all enjoyed seeing the items from that show. It was so hot, 101 degrees, so we went to cool off at the pool in our hotel.

I included some of our favorite pictures. I love family vacations and I am very grateful for my parents including me in the trips. I'm still trying to talk them into taking me back to Chicago, another one of my favorite places.



The Self Advocacy Speakout is published quarterly. The next issue will be released on March 1, 2022.

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

My Zip-Lining Experience

By Anja



I had a lot of fun when me, my mom, and her friend went zip-lining for my birthday at the Cleveland Metroparks Zoo this year. It was something I've wanted to do for a while. The weather was nice and just the right temperature. My mom's friend and I got in a 2 person transport and went down together and it was so much fun! I got an eagle's eye view of everything even though it went by so fast and the wind was blowing in our faces. We saw some animals in the zoo, too. However, some of them were still asleep. I guess I wouldn't want to get up that early in the morning if I didn't have to either.

We were so high that we were practically able to touch the treetops. It was a very memorable experience up in the sky. I felt like such a dare devil! The next thing on my list is to go hang gliding.

Our COVID-19 Experiences

By Tatum, Sam, Amanda & Bethany

COVID-19 has been changing lives of people all around us for almost 2 years now! All four of us talked about how we were directly and indirectly affected by the COVID-19 virus so we decided to share our stories with you all.

Tatum - I had COVID awhile back and was very sick with bad headaches. I became ill and my mom decided I needed to be tested just to be sure I did not have the virus. When my test results came back positive, my mom was very concerned and scared for me. I had to stay in my room and wear my mask when I was out of my room for any reason. I ate all of my meals in my room, which I really liked because I was able to stay in there and hang out alone. My family did not get COVID, thankfully, and I was relieved when I tested negative again after my quarantine period.

Sam - I had four roommates who all had COVID at the same time, but I did not get sick at all. I was tested when they were and my results were negative. All four of them had to stay in their rooms all day, only coming out for meals, bathroom breaks, and showers. Once they were done, they had to go directly back to their rooms. I was not able to see my family or go to work and see my friends in person, but I was able to video chat with them. I have had many COVID tests and never got the virus. I believe this is because I was vaccinated and my roommates were not. (con't)

Our COVID-19 Experiences (con't)

Amanda - I have not had COVID and no one in my family has had it, thankfully. I have not let the fear of COVID slow me down or stop me from living my life. I do stay home a lot more and watch movies, talk with my roommates and staff, talk to my boyfriend on the phone, or play with my cat, Midnight. However, I have also gone on vacation to Cincinnati and Pittsburgh and did some sightseeing and went to the zoo. I was tested for COVID each time I came back from vacation so I could return to work, and putting the test stick in my nose felt so weird. I hope that things will go back to normal soon.

Bethany - I have been in my house since the start of COVID. I find that moving around, keeping myself busy, playing with the cats, and talking to my family and friends are all great ways to help me keep my sanity. I talk to my friends from work twice a week. I really enjoy that and wish we could all talk every day! Video chats have also been very important to me. Nana comes over to spend time with me and my mom but because of the severity of COVID, we are not able to hug one another. When me and my mom need groceries, we use the Walmart or Giant Eagle app and get them delivered to our house. The groceries are set on the porch, and once the delivery person is gone, I go out and bring the groceries inside to put away. When a craving for fast food hits, we get on DoorDash or GrubHub and get our fast food delivered. I am anxiously awaiting the end of COVID and getting back into work and hugging my friends.

Ask Abe Trivia!



- Which hockey player that played for the Toronto Maple Leafs in the 1960's came out with a restaurant chain in Canada & in the U.S.?
- Heavy metal bass guitar player Kip Winger played bass for which heavy metal rock singer in the early 1980's?
- The actor that played in FOX-TV's New York Undercover TV show was also in the Beat It music video. What is that actor?
- Ola Ray was in what 14 minute video that was directed by John Landis back in the 1980's and what mega-famous pop/rock/R&B superstar was in that video?
- What actor played in the new Nightmare on Elm Street movie back in 2010?

Answers:

1. Tim Horton, 2. Alice Cooper, 3. Michael DeLorenzo, 4. Michael Jackson's Thriller, 5. Jackie Earle Haley.

If you have a trivia question for Abe, or you just want to share your thoughts, email him at askabelne@gmail.com.



SITTIN' PRETTY AVEDA INSTITUTE REVIEW



On October 6th, five ladies from our ladies group, Sittin' Pretty, went to get their hair done at the Aveda Institute in the Eastwood Mall. They all had a great experience and their hair turned out so beautiful. The students doing their hair were so careful and listened to what they wanted done, and with guidance from their instructors were able to make it happen! All five of the ladies said they loved their hair and that they felt like models leaving the salon. This is something the ladies would like to do every couple months because they had such a great experience. The Aveda Institute gets 5 stars from Sittin' Pretty at Leeda Northeast!

LITTLE KNOWN FACT:



The person who directed the horror movie, "Nightmare on Elm Street" back in 1984 was from Ohio. The same person that directed the other movie, "The Last House on the Left".



BETHANY AND FRIENDS MOVIE REVIEWS! WITH BETHANY & FRIENDS STEPHANIE, AMANDA, TATUM & KELLY

Bethany:



I have watched all of the Kiss Booth movies and really enjoyed them! So when I saw there was a third one coming out, I knew I had to watch it for my movie review this month. I was happy that it was a continuation of the other two movies and starred the same cast members like Joey King, Joel Courtney and Jacob Elordi. Joey plays Elle Evans, Joel plays Lee Flynn and Jacob plays Noah Flynn. I did not have a specific favorite part of the movie, but I did really enjoy when Elle and Lee made a bucket list and crossed things off of it throughout the movie as they completed the things on the list. I think you would love this movie! I give it thumbs up!

Stephanie:



I have watched a lot of Madea movies over the years and I think they are all so funny. As I was looking for something to watch on TV one night, I came across A Madea Family Funeral and started watching it. I think Tyler Perry, who plays Madea, is such a great actor and is so funny! I like their sense of humor, the way they talk and interact with one another, and their actions because it makes me laugh so hard. I laughed throughout the whole movie. I highly suggest diving into the Madea movies if you are in need of a good laugh. This movie gets a big thumbs up from me!

Amanda:



I watch a lot of movies in my spare time. I really enjoy movies about love and romance. While scrolling for my next movie, I found Just Say Yes and the picture was two women sitting in wedding dresses so I decided to pick that one and see what it was about. I was unsure if the movie was going to be in English or if it would be another language, because it was filmed in the Netherlands, but I was pleased when I found I was able to understand the whole movie even though they had accents. This movie is rated TV-MA due to some of the language and scenes. It stars Yolenthe Cabau who plays Lotte and Noortje Herlaar who plays Estelle. Estelle got married in the movie and her sister, Lotte, got mad and told her she would never speak to her again. This was kind of upsetting but I was happy when they did end up speaking again towards the end of the movie. I like this movie a lot and think you would too. I give it a thumbs up.

Tatum:



I just joined a movie group with my friends from work and was asked to pick a movie to review. I did not know what I wanted to watch so one of my friends recommended "After", so I have it a shot. I am so happy I watch this movie because it was so good and it kept my attention the whole time. Josephine Langford plays the main character, Tessa Young, and Hero Fiennes Tiffin plays her love interest, Hardin Scott. Tessa moves into a dorm room at college with a roommate and meets Hardin at a party, where some trouble occurs and this situation comes to light at the end of the movie with Tessa and Hardin. I think Hardin was so cute! I was surprised when Hardin and Tessa kissed, I was not expecting that. The end of the movie was good and left me wanting to watch the next movie. Thumbs up from me!

Kelly:



I like watching movies when I have downtime, so when I was approached about joining my friend's movie review group, I said "yes" right away! While searching for a movie to watch for my review I came across "Found" and thought the title sounded like it would be a good movie to watch. It stars Joseph Stam who plays Finch Wittaker and Wendy Mitchell Piper who plays Janelle Brennan. This movie is very good but also very sad at times with a happy ending. I liked when the family the boy was living with got custody of him and his birth mom was out of this life due to her being too toxic. I was so happy when his mom signed over her rights to him. It is a little bit of tear jerker, but I think you would like it. It gets a thumbs up from me!

Quick & Healthy

CHOCOLATE PEANUT BUTTER COOKIE

- 1/2 cup rolled oats
- 4 tablespoons of PB2
- 6 tablespoons of Cocoa Powder
- 2 teaspoons of Stevia
- 4 tablespoons of Jif - no sugar added
- 1 pinch of salt
- 1/2 cup of almond milk
- 1/2 cup of white chocolate chips

In mixing bowl add oats, PB2, cocoa powder, Stevia. Mix well. Then add Jif, add the almond milk slowly, and then add the white chocolate chips.

Scoop out with ice cream scoop and place on waxed paper. Then lay another wax paper on top and press with a spatula.

CHICKEN CUCUMBER SNACK

- 1 cucumber
- 1 can of chicken
- 2 slices of cheese
- 1/2 cup of shredded carrots

Cut cucumber into 1 inch slices. Hollow out the center. Place a 1/2 teaspoon of chicken. Place a small piece of cheese next to chicken. Add carrots next to cheese.

Self Advocacy Picnic - September



SELF ADVOCACY SPEAKOUT

The Scavenger Hunt Winning Team!



September



SAVE THE DATE FOR THESE EVENTS IN DECEMBER:

DARK ON PARK

Thru December 3rd, 2021

Art on Park

180 North Park Ave.; Warren

www.trumbullarts.org for more information

THE TAG "TREES AT THE GALLERY" HOLIDAY MARKETPLACE

Saturday's thru January 8, 2022 : Noon - 4:00 PM

Trumbull Art Galley

158 North Park Ave; Warren : 330-984-1861

www.trumbullartgallery.com/about

THE MAGICAL POLAR EXPERIENCE AT THE ROBINS THEATRE

December 3, 2021 : 7:00 PM - Doors Open @ 6:00 PM

160 East Market St.; Warren : 234-437-6246

www.robinstheatre.com

BREAKFAST WITH SANTA

December 4, 2021 : 9:00 AM - Noon

VFW Post 3332

433 Arlington Blvd.; Newton Falls

330-883-1627

FIRST SNOW TRIBUTE TO THE TRANS-SIBERIAN ORCHESTRA

December 4, 2021 : 8:00 PM

Robins Theatre

160 East Market St.; Warren

HERMAN'S HERMITS AT THE ROBINS THEATRE FEATURING PETER NOONE

December 9, 2021 : 8:00 PM - Doors Open at 7:00 PM

160 East Market St.; Warren : 234-437-6246

www.robinstheatre.com

WAYNE NEWTON AT THE ROBINS THEATRE

December 11, 2021 : 8:00 PM - Doors Open @ 7:00 PM

December 12, 2021 : 2:00 PM - Doors Open @ 1:00 PM

160 East Market St.; Warren

WARREN CIVIC MUSIC - ERINIE HAASE & SIGNATURE SOUND

December 14, 2021 : 7:00 PM - Doors Open @ 6:00 PM

Packard Music Hall

1703 Mahoning Ave.; Warren

www.warrencivictimusic.com

BLOOD SWEAT & TEARS

December 17, 2021 : 8:00 PM - Doors Open @ 7:00 PM

Robins Theatre

160 East Market St., Warren

JORDON BALLET PRESENTS THE NUTCRACKER AT ROBINS THEATRE

December 19, 2021 : 2:00 PM - Doors Open @ 1:00 PM

160 East Market St.; Warren

KEEP READING FOR MORE UPCOMING EVENTS IN JANUARY & FEBRUARY...



We encourage you to follow any recommendations by the CDC and state public health authorities due to the COVID-19 pandemic. Please check the event organizer's website for ongoing updates, postponements, restrictions, limited admissions and possible cancellations.

SELF ADVOCACY SPEAKOUT

SAVE THE DATE FOR THESE EVENTS IN JANUARY 2022:

THE TAG "TREES AT THE GALLERY" HOLIDAY MARKETPLACE

Saturday's thru January 8, 2022 : Noon - 4:00 PM
Trumbull Art Gallery
158 North Park Ave.; Warren : 330-984-1861
www.trumbullartgallery.com/about

WHO'S BAD AT THE ROBINS THEATRE

January 8, 2022 : 8:00 PM - Doors Open @ 7:00 PM
160 East Market St.; Warren : 234-437-6246
www.robinstheatre.com

SAVE THE DATE FOR THESE EVENTS IN FEBRUARY 2022:

THE MUSIC OF FRANK SINATRA MICHAEL SONATA & THE DAVE BANKS BIG BAD AT THE ROBINS THEATRE

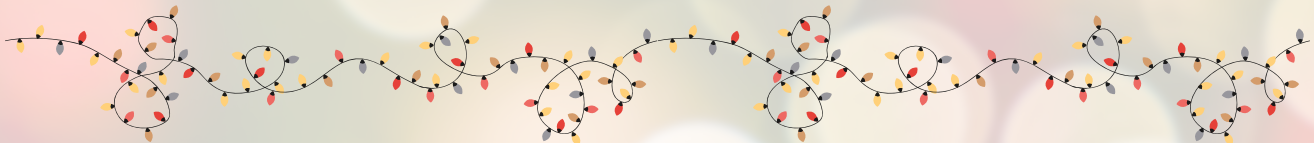
February 12, 2022 : 8:00 PM - Doors Open @ 7:00 PM
160 East Market St.; Warren : 234-437-6246
www.robinstheatre.com

35TH ANNUAL HALL OF FAME & INDUCTION DINNER

February 26, 2022 : 6:00 PM
For location of the dinner please call:
330-720-2215 : 330-507-1016 : 330-978-1059

WISH YOU WERE HERE AT THE ROBINS THEATRE

February 19, 2022 : 8:00 PM - Doors Open @ 7:00 PM
160 East Market St.; Warren



WE THRIVE TOGETHER

We Thrive Together was started to reduce social isolation and loneliness in our community. You are invited to take advantage of our FREE events and activities available online and at the senior centers, libraries, and other various local venues.

Visit their website at <https://wethrivetogether.org/upcoming-events/event-calendar/> for a calendar of virtual events...like exercise classes and games...that you are invited to be a part of!



We encourage you to follow any recommendations by the CDC and state public health authorities due to the COVID-19 pandemic. Please check the event organizer's website for ongoing updates, postponements, restrictions, limited admissions and possible cancellations.