

SELF ADVOCACY SPEAKOUT

June 2022

A RECENT SUCCESS

Recently, Anja Calior has decided to spearhead the Self-Advocacy Newsletter. We are hopeful that Anja will take over the newsletter in January 2023. Olivia Parker & Ryley Fritz have also decided to step-up and begin taking notes at the newsletter meetings in which they will be e-mailing the meeting notes to the team in the near future.

**GOOD LUCK SELF-ADVOCACY
NEWSLETTER TEAM ON
YOUR FUTURE GOALS & WITH
CONTINUING TO ADVOCATE
FOR THEMSELVES AND
OTHERS!!!**

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In our upcoming Self-Advocacy Newsletter there will be new sections that will be permanent called: Love Bugs & Inspirational Corner. If you or someone you know is interested in being part of our Self-Advocacy Newsletter please give them Anja's and/or Alyssa's contact information which is as follows: alyssasmith@tcbdd.org anja.calior@gmail.com.

EMPOWERMENT THROUGH MAKEUP

BY: RYLEY FRITZ



Makeup empowers me because it gives me the power to control what the world sees. I have Spina Bifida because of the fact that I am paralyzed from the waist down; thus, I use a wheelchair to move around independently. As a child, I was stared at in public for being in a wheelchair. I learned to ignore it but it still bothered me. That is, until I was older and discovered my passion for makeup. I began experimenting with different shades and techniques of make up. Eventually I found shades and techniques that I love! When I started wearing makeup in public I started to get compliments on it which in turn made me more confident. Now people stare at my makeup and ask me about the products I am wearing instead of why I am in a wheelchair. In addition they also stopped staring at my chair and began take a notice of me as a person instead of my chair and disability. I finally had my talent be the topic of conversation. I even started an Instagram page dedicated to makeup and began advocating for individuals with disabilities. I was asked to model adaptive jewelry called Clipondra. I also work with my hospital to help the transition from children to adulthood run more smoothly. To top it all off I got to work with Open Style Labs to help brands make adaptive clothing. Makeup has definitely changed my life for the better.

MY EXPERIENCE WORKING AT A FACTORY

BY: ROBERT (BEAR) COSNER



When I worked at Step2 I really enjoyed it even though it wasn't my dream job. The pay was good and some of the toys that we worked on were interesting to me. At times, some of the toys were recalled because they weren't safe for kids to play with. One thing I did not like at that job was the honking of the forklift. It was such a profound noise that I felt like I could hear it in my sleep. Besides that, I was always on my feet which wasn't as bad as you would think. One thing that was really nice was when the company would give us pizza and burgers on occasion. It was a good experience, but I don't think that I would work in a place like that again. I would rather work in a restaurant as a server as this is one of my goals, but, I'm glad I got the experience of working in a factory.

LONG LOST LOVE

BY: ANJA CALIOR



I am going to tell you a short story about a girl who was in a horrible car accident that left her without use of her right side. She couldn't remember much, because she was in a coma after the accident. But she did remember one thing from before: she had had a man she loved ripped from her life. Since her parents both died in a fire a year before, she was the only one able to run the family farm – she and her two brothers, that is.

Emily, Ameel and Jared were good when they were younger; even more so now that they had the farm to run; single-handedly, no less. However, they got the job done. When worse came to worse, they always had each other.

A few years after she woke up from her coma, she felt something, or more precisely, *someone*, was missing from her life; she just didn't know who. She was rummaging around in her drawers one day, and there she found an old journal she forgot she kept. She was reading some of the entries she had written, and she found one with the name Rupert von Cartier` amongst her writings. She wracked her brain for what seemed like hours; then, she remembered. She had forgotten about him when she had had the accident. She suddenly *knew* that that was the missing piece to the puzzle of her memory. She sorely missed being in her lover's arms. She remembered only two things about him: his wonderful smell; it was the scent of the sea. She more importantly remembered his name. She remembered she had met him several years before the accident at the five-and-dime on the corner. When she ran haphazardly into him there, she *knew* that he was the one for her. Her one and only. The only thing was: where was he? It had been years since they had seen each other; did he even *remember* her? She fervently hoped so...

Now, I need a good ending to this story –give me your ideas; send them to me via email. My email address is: anja.calior@gmail.com

INTERVIEW CORNER WITH OLIVIA

BY: OLIVIA PARKER



Q: Can you tell me your name and your title at KSU?

A: "My name is Amy Rutherford and I am the manager at the Café located in Kent State University Trumbull."

Q: How long have you been with KSU?

A: "I've been with KSU for 9 years now."

Q: What do you like the best about your job?

A: "I like working with the Siffrin students the most! It's the best part of my day!"

Q: What do you like the least about your job?

A: "The days I like the least are when Siffrin is off and I don't get to see you all."

Q: What made you get into food service?

A: "I've been in the service industry for my entire life, it's what I enjoy doing."

Q: What did you do before you worked at KSU?

A: I was a stay at home mom for a few years while my kids were younger."

Q: What advice would you give someone who is looking for a career in food service?

A: "I would say that they need to be patient and be a people person because you deal with a lot of different people throughout the day."

Q: Do you have any animals? If so, what are their names?

A: "I have a dog named Khloe and a cat named Kitty."

HANNA-BARBERA

BY: ABRAHAM WILEY



Hanna-Barbera was a huge production corporation of countless Saturday Morning TV shows like Scooby-Doo, Yogi Bear, Huckleberry Hound, Snagglepuss, Loopy De Loop, Honkey Wolf, Snooper and Blabber, Pixie and Dixie and Mr. Jinks, Yanky Doodle, Secret Squirrel, Peter Potamus, The Shirt Tales, Space Ghost, The Herculoids, Mightor, Birdman, Frankenstein Jr, Jonny Quest, Hong Kong Phooey & Clue Club.

Joseph Barbera was a Cartoonist at MGM Studios back in the 1930's in New York, (Manhattan), NY and William Hanna was a comedy writer at MGM Studios back in the 1930's and was from Melrose, New Mexico. Barbera was born in 1911 in New York City and Hanna was born in 1910 in Melrose, New Mexico. They met at MGM Studios in the 1930's and the first cartoon that they made together was Tom and Jerry.

Tom & Jerry was a cartoon about a cat and a mouse and their antics. The only live-action TV show that Hanna-Barbera made was the Banana Splits. It had four characters that played Pop/Rock Music at Six Flags in Texas near Dallas and Kings Island near Cincinnati. Fleagle Dod, Bingo Orangutan, Drooper Lion and Snork Elephant premiered on NBC-TV in 1968.

Scooby Doo Where Are You? was a Saturday Morning TV Show about four teens and a spotted Great Dane dog solving mysteries wherever they go and the ride the van, The Mystery Machine. It premiered on CBS-TV in 1969. In 1972, also on CBS-TV, a spin off TV show, The New Scooby Doo Movies TV Show aired.

BETHANY & FRIENDS MOVIE REVIEWS

BY: BETHANY & FRIENDS- AMANDA, KELLY, & STEPHANIE

Bethany - I picked *The Unforgivable* to review for this newsletter article after talking to my staff and friends about it and hearing their reviews on it. It stars Sandra Bullock (Ruth Slater) and Viola Davis (Liz Ingram) and is an action-packed thriller that I think everyone should watch! Ruth (Bullock) goes to prison for killing a police officer and upon her release, she is sent to live in a house with 3 roommates. She spends most of the movie looking for her sister that she has not seen since she went to prison, which was when her sister was 6 years old. Her sister had to be adopted due to their parents passing away, so this made finding her even harder. The movie does have a lot of flashbacks and kind of jumps around and at times there is a lot going on in the movie. The movie is rated R and does have many curse words, but overall it was a good movie. I could not pinpoint a specific part that I enjoyed more than another as I liked the whole movie. I give it a thumbs up and hope you all find the time to watch this one on Netflix!



Amanda - When it came time to pick this month's movie to watch, it was an easy choice for me. *Tall Girl 2* was the winner, after watching the 1st one, I knew I had to watch this one next. It is a movie about a couple, the girl is taller than the boy which is why it is called *Tall Girl*. They are in high school and attend a dance. They broke up at one point but got back together which made me happy. I did like this movie, I give it a thumbs up and would recommend it to any of my friends.



Kelly – *Dog* is the movie I chose to watch for this newsletter because I saw the previews and I knew I had to watch it because it stars Channing Tatum whom is very attractive! Channing, who plays Briggs, goes on a road trip with a dog, a Belgian Malinois, to go to one of their fellow army member's funeral. My favorite part of the movie was when Briggs had to drop the dog off at a shelter and he whispered to it to act up because he knew that if the dog acted up, they would not keep it and Briggs would become its owner. She acted crazy and the kennel called him to come pick the dog up. He took her to a friend's house and trained her and made her a family dog. The breed Belgian Malinois is generally not a good family dog, but Channing Tatum was able to make it a good family pet. I recommend this movie to anyone and give it a thumbs up!



Stephanie – I watched a movie with my staff called *Now or Never* and decided I would review it because I think everyone should watch this movie. The main female character thought her boyfriend was going to be proposing to her at her birthday party so she went to the salon to get her hair done for the special occasion. Sadly, the hairdresser wasn't paying attention and she fried her hair off so she wants to get extensions so she can have long hair for her party. She got a dog for her birthday, not engaged and she was not happy! She decided to shave her head when she was feeling down on herself. She just wanted to be herself so she broke up with her boyfriend and went to a party and jumped in the pool with her clothes and makeup still on – everyone else jumped in after her! My favorite part was when she shaved her head because I had to shave mine before due to brain surgery and my mom told me over and over again how beautiful I was even without hair. I give this movie a big thumbs up!



ASK ABE TRIVIA!**BY: ABRAHAM WILEY**

1. Which singer/songwriter noticed that Michael Jackson liked scary horror movies and gave the Pop song "Thriller" to him?
2. Which actor is not just an actor, but also a carpenter too?
3. Country/Rock singer Shania Twain played as a limousine rider in what Pop/Rock music video?
4. Which actor was in the Carly Rae Jepsen music video, "I Really, Really Like You"?
5. Which 1980's Pop/Rock singer did the opening TV theme song from the "Electra Woman and Dyna Girl" TV show in the 1970's and did the song "Girls Just Wanna Have Fun"?

Answers:

1. Rod Temperton
2. Harrison Ford
3. Michael Jackson's Dirty Diana
4. Tom Hanks
5. Cyndi Lauper

LEMON GARLIC BUTTER CHICKEN AND GREEN BEANS SKILLET

BY EATWELL101

YIELD: 3 SERVINGS PREP TIME: 10 MIN COOK TIME: 20 MIN

This skillet chicken Thighs recipe with green beans is a snap to fix and is so addicting!



INGREDIENTS YOU NEED FOR THE LEMON GARLIC BUTTER CHICKEN AND GREEN BEANS SKILLET

Scale: 1x2x3x

- 3 – 6 **skinless, boneless chicken thighs**
- 1 pound (450g) **green beans**, trimmed
- 3 tablespoons **butter**, divided or (ghee for paleo diet)
- 4 **garlic cloves**, minced
- 1 teaspoon **paprika**
- 1 teaspoon **onion powder**
- 1/4 teaspoon **salt** and fresh cracked **black pepper**
- Juice of 1/2 **lemon** + lemon slices, for garnish
- 1/2 cup (125ml) **chicken stock**
- 1 tablespoon **hot sauce** (we used **Sriracha**)
- 1/4 teaspoon **crushed red chili pepper flakes**, optional
- 1/2 cup fresh chopped **parsley**

DIRECTIONS

- 1.** To make the **lemon garlic butter chicken thighs recipe with green beans**: In a small bowl, combine onion powder, paprika, salt, and pepper. Season chicken thighs generously with the spice mixture. Set aside while you prepare green beans.
- 2.** Arrange green beans in a microwave-safe dish with 1/2 cup (125ml) water. Cook in the microwave for 8-10 minutes, until almost done but still crisp.
- 3.** Melt 2 tablespoons butter in a **large skillet** over medium-low heat. Lay the seasoned **chicken thighs** in one layer in the skillet. Cook for 5-6 minutes then flip and cook another 5-6 minutes, until cooked through and a cooking thermometer displays 165°F (75°C). If chicken browns too quickly, lower the heat. Adjust timing depending on the thickness. Transfer chicken to a plate and set aside.
- 4.** In the same skillet, lower the heat and melt the remaining tablespoon of butter. Add chopped parsley, garlic, hot sauce, red crushed chili pepper flakes, and pre-cooked green beans and cook for 4 to 5 minutes, stirring regularly, until cooked to your liking. Add lemon juice and chicken stock and reduce the sauce for a couple of minutes, until slightly thickened.
- 5.** Push green beans to the side and add cooked chicken thighs back to the pan and reheat quickly. Adjust seasoning with pepper and serve the **lemon garlic butter chicken thighs** immediately, garnished with more crushed chili pepper, fresh parsley, and a slice of lemon if you like. Enjoy

Cauliflower Chips



Rating: 5 stars

These crisp cauliflower chips are low in carbs and can be made in either the oven or your air fryer. Plus, they require just cauliflower, Parmesan cheese and seasonings to make! Swap out the Italian seasoning for ranch seasoning or your favorite spice blend for a different flavor profile.

Recipe Summary

Total:

50 mins

Active:

10 mins

Servings:

6

Nutrition Profile:

- [Egg Free](#)
- [Gluten-Free](#)
- [Low Carbohydrate](#)
- [Nut-Free](#)
- [Soy-Free](#)
- [Vegetarian](#)

[Nutrition Info](#)

Ingredients

Ingredient Checklist

- 2 cups riced cauliflower (12 ounces; see Tip)
- 1 ⅓ cups finely grated Parmesan cheese
- ½ teaspoon dried Italian seasoning
- ½ teaspoon ground pepper
- ¼ teaspoon salt

Directions

Instructions Checklist

- **Step 1**

Position racks in top and bottom third of oven; preheat to 375°F. (*Alternatively, see Air-Fryer Version below.*) Line 2 large rimmed baking sheets with parchment paper; coat with cooking spray.

- **Step 2**

Place cauliflower in a large microwave-safe bowl. Microwave on High, uncovered and stirring halfway through, until tender, about 2 minutes. Place the cauliflower in a clean kitchen towel (or paper towels); squeeze out as much liquid as possible. Place the cauliflower in a medium bowl; add Parmesan, Italian seasoning, pepper and salt; stir until combined.

- **Step 3**

Using a leveled tablespoon, portion mounds of cauliflower mixture 2 inches apart on the prepared baking sheets.

Using a lightly greased bottom of a measuring cup or glass, press each portion into a circle about 1/8 inch thick.

- **Step 4**

Bake both pans, rotating them halfway through, until the chips are golden brown and crisp, about 20 minutes.

Transfer to a paper-towel-lined plate; let cool completely, about 20 minutes.

Equipment

Parchment paper

Tip

To make your own cauliflower rice: Break 1 medium head cauliflower into florets. Pulse in a food processor until chopped into rice-size pieces.

Air-Fryer Version

Prepare cauliflower through Step 3. Preheat air fryer to 325°F for 5 minutes. Lightly coat the fry basket with cooking spray. Working in batches, gently place the cauliflower circles in the basket. Cook until mostly golden, about 8 minutes. Gently flip the chips and continue to cook until golden all over, about 5 more minutes. Let cool slightly, about 5 minutes, before serving. Repeat with the remaining cauliflower.

Nutrition Facts

Serving Size:

3 chips

Per Serving:

74 calories; fat 4g; cholesterol 12mg; sodium 353mg; carbohydrates 5g; dietary fiber 1g; protein 5g; sugars 1g; saturated fat 2g; vitamin a iu 139IU; potassium 201mg.

2022 FAIRHAVEN FOUNDATION SCHEDULE OF EVENTS

Developmental Disabilities Awareness Night with the Mahoning Valley Scrappers

FRIDAY, JUNE 24TH AT EASTWOOD FIELD: 7:00PM

We're delighted to announce several winning artists from our 2021 Calendar Art Contest were invited to design a special edition jersey that will be worn by the Mahoning Valley Scrappers during the June 24th game. 30 limited edition jerseys will be auctioned off to fans to benefit The Fairhaven Foundation.

More Ways to Help our Mission: Vouchers for the June 24th game will be available at our board office beginning in June. For each voucher presented during your ticket purchase at Scrappers Box Office, \$4 goes to support our mission. Purchase a \$10 raffle ticket for the chance to win a luxury suite for 12 guests on the game night of your choice. Game suite includes dinner, drinks and 3 parking passes.

Contact Stephanie Champlin for details: stephaniechamplin@tcbdd.org / 330-652-9800 ext. 223

Journey of Hope, Almighty Experience

Saturday, August 6th at Fairhaven School Gym: 2 - 4pm

Each year, more than 100 men embark on a cross-country trip to test their limits, spread awareness, and celebrate the abilities of all people. After riding 75 miles to get to Fairhaven School the cyclists will join us for a dance party and friendship visit. Journey of Hope is a unique program that helps to spread a message of awareness and inclusion everywhere they go.

1st Annual Ability Walk & Roll

SATURDAY, AUGUST 20TH AT EASTWOOD FIELD: 4 - 9PM

NEW this year is the 1st Annual Ability Walk & Roll. The Ability Walk & Roll is an opportunity for families and the community to come together to celebrate all abilities. After families join together to walk in celebration of those we love, activities will be opened up for all to enjoy...including a movie under the stars.

2nd Annual Holiday Art Show

Saturday, December 3rd at Art Outreach Gallery, Eastwood Mall: 2 • 4pm

Join us during this special art show to meet and celebrate winning artists from the Calendar Art Contest. All artwork submitted for the Calendar Art Contest will be placed on display during the exhibit along with holiday paintings created by members of the Self Advocacy Group. The NEW 2023 Fairhaven Foundation calendars will be available for purchase during the event. The John Reese Trio will join us again to delight guests with sounds of the season.

YOU DON'T HAVE TO GO VERY FAR TO SEE THE FACE OF LONELINESS. IT IS EVERYWHERE.

FACTS & FIGURES

Three in 4 Americans struggle with loneliness (U.S. News & World Report, 2018)

Loneliness is as bad for your health as smoking 15 cigarettes a day (WebMD, 2018)

Lonely people are more likely to suffer from dementia, heart disease and depression (Valtorta, 2016)

WE THRIVE TOGETHER

Your neighbors started We Thrive Together to reduce social isolation and loneliness in our community.
We invite you to take advantage of our events and activities available online.

FEATURED EVENTS & SERVICES

Exercise classes, arts & crafts, games, educational presentations, virtual trips, parties, and so much more.

LEARN MORE, REGISTER FOR AN EVENT, OR SIGN UP TO RECEIVE THE EVENT CALENDAR

WeThriveTogether.org | Toll Free: 1-866-584-5640 | Alyssa@WeThriveTogether.org

Visit their website at <https://wethrivetogether.org/upcoming-events/event-calendar/>

WE THRIVE TOGETHER | START WITH HELLO

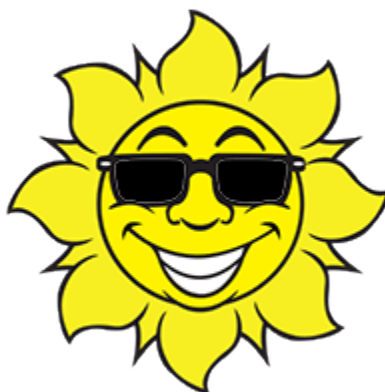
WE THRIVE TOGETHER

We believe no one should suffer from social isolation and loneliness. Join us to talk, play, sweat, and connect from home.

Check out all the [awesome virtual programming](#) available to you.

Don't forget to [invite a friend](#).

[Join our mailing list](#) to stay up-to-date.



We Thrive Together is Awesome!!!