

SELF ADVOCACY SPEAKOUT

September 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.

INTERVIEW WITH EMMA BUTLER CEO & FOUNDER OF LIBERARE

BY: RYLEY FRITZ



What is your name?

My name is Emma Butler.

What is the name of your brand?

The name of my brand is Liberare. We were called "Intimately" for a few years but in June of 2022, we changed our name. There were other brands in the space with the name Intimately and we really wanted to stand out. We also wanted our name to more clearly reflect our mission. Liberare in Latin means "to liberate or to free." That's what our company does; we liberate our community for a painful dressing experience by making clothing that's easier to get on.

Were you always into fashion?

Yes! Ever since I was a young girl, I loved fashion. I watched Project Runway and tried to sew. I was always sketching fashion ideas.

How old were you when you came up with the concept of your brand?

The idea for my brand started when I was 10 years old when my mom became disabled, but I didn't really create my brand until I was 21 in college.

What's your favorite design you've made?

The Liberare Bra is my favorite! With its magnetic front opening and grip loops, it's so easy to get on! You don't have to pinch it shut and it stays put all day. I love the lacey racerback. It's such a timeless beautiful bra.

What's one thing that needs to change in the fashion industry?

We need more disabled people behind the scene and in front of the camera at fashion brands! There should be disabled designers, marketers, CEOs, models, hair and makeup artists and everything in between.

What's one thing you've learned since creating your brand?

Creating a brand is such hard work! You really need an amazing team to make it happen.

What advice would you give to someone looking to start their own brand?

Create a unique product! There are so many fashion brands (thousands and thousands!) and if you want to make it, you need to stand out. Think outside the box.

MARRIAGE TIPS WITH MICHAEL

BY: MICHAEL



- Do something sweet once and a while
 - Buy flowers or do something as simple as cook dinner for each other.
 - Always communicate your feelings
- You never want to go to bed angry so it's best to communicate with your partner how you feel to prevent little arguments.
 - Keep the marriage fresh
- Find an activity to do together or date night once a week to keep your relationship exciting.
 - Make a commitment to spend time just the two of you
- Make time a couple times a week for just the two of you to talk and hang out with out distractions of phones and other people.

THE SWORDSMITH'S DAUGHTER

BY: ANJA CALIOR



Once upon a time, a very long time ago, there was a man who lived in a cottage in the woods with his daughter, Ellowyn. They had a couple of cows and some chickens on the farm where they lived. So, they had milk and eggs a-plenty.

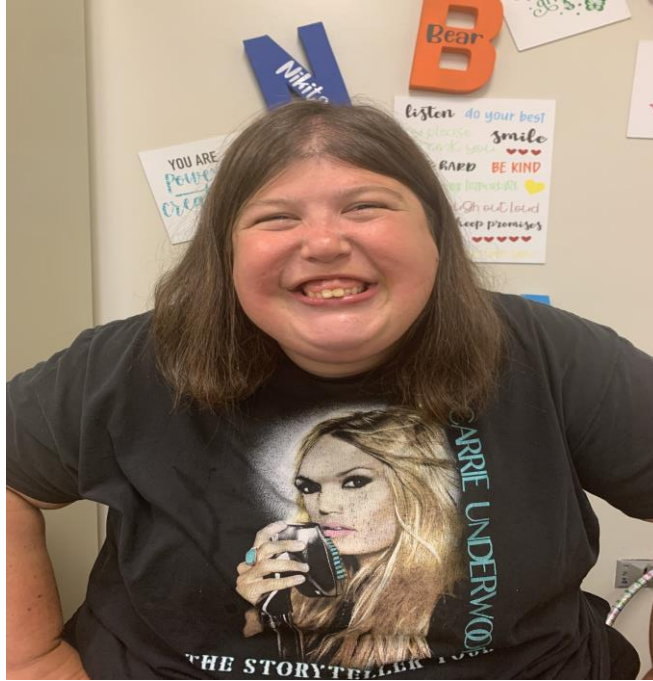
The swordsmith and Ellowyn had to travel to the village to get things for the farm. One day, when she was at the market in the village, Ellowyn had some trouble reaching the plums; they were too far away for her to reach. She asked for some help from one man who was stocking the shelves. When he replied, "of course", she swooned over the kind look in his eyes; and something else that she couldn't quite put her finger on; lust maybe? She was too shy to ask, but she felt as if they knew each other; perhaps from another life? She was not *entirely* sure, but the way he looked at her...

She just went on her way through the market, but he really intrigued her. She really *tried* to push him out of her mind. She was at home when she finally remembered -

Now, I would like to hear how you would end this story. Send it to me by email: anja.calior@gmail.com.

TYPES OF BULLYING

BY: OLIVIA PARKER



Physical Bullying

~Physical bullying is when a person uses their body or an object to hurt another person.

Examples of Physical Bullying:

- . Hitting
- . Punching
- . Tripping
- . Damaging others property
- . Pushing

Verbal Bullying

~ Verbal bullying is when someone uses spoken or written words to hurt another person's feelings.

Examples of Verbal Bullying:

- . Calling names.
- . Gossiping or threatening.
- . Making fun of others.

Mental Bullying

~ Mental bullying is when someone hurts another person's feelings by making other people think badly about them.

Examples of Mental Bullying:

- . Exclusion or leaving someone out of the group
- . Rumor spreading.
- . Ignoring

Cyberbullying

Cyberbullying is when someone uses a phone computer or other electronic. Device. As a way or say mean. Things. To someone else.

Examples of Cyberbullying:

- . Using a phone
- . Using a computer or electronic devices.

POEM ON BULLYING

BY: ASHLEY PARKHURST



Bullying isn't right

The hurtful things people say

Keeps everyone who hears them up night

They wonder will I be good enough
That bully said I'm not worth anything
It gets so tough
Words keep me hanging on by a string
I'll feel I may never fit in
Living life away from the cool crowd
My head spinning in circles
My head hung low and bowed
Then I looked up in the mirror Now I realized that my worth
It was always here.

ADAPTIVE BRANDS

BY: RYLEY FRITZ

- Kohl's adaptive
- Billy footwear
- Tommy Hilfiger
- Zappos adaptive
 - Silvert's
- JCPenney adaptive
 - Jumping beans
 - Yarrow
 - Slick chicks
 - Liberare
- Lands end adaptive
 - Rebound wear
 - Buck and Buck
 - IZ adaptive
- Seven7 adaptive
 - Aerie adaptive
 - Nike adaptive
- Special kids company
 - Ugg universal
- Abilitee adaptive wear
 - Fashion for all

- Alter ur ego
- Care and wear
- Target adaptive kids
- Target adaptive Halloween
 - Guided beauty
 - Unhidden clothing
 - Miga swimwear
 - Friendly shoes
 - Rebound wear
 - June adaptive
 - Brakefields
 - I'm fine attire
 - Universal standard
 - Ffora
 - Stem fit
- Different is beautiful
 - Kohl kreatives
 - IKIKI.co

*These are just a few there are way more adaptive brands out there that I couldn't fit on the list!

LOVE BUGS

BY: STEPHANIE M.

This is an advice column for anyone struggling or needing advice with aspects of their lives. I came up with this idea from a young age while living with my family. To me, Love Bugs means a relationship such as a friendship or marriage that is strong and healthy. This is a person you can rely on no matter how long the relationship or friendship has been in effect. I am looking to give people advice because I like to be helpful and appreciate when people give me advice with my relationships. All you have to do is email me at lovebugslne@gmail.com any concerns or advice requests and I will answer them in the next newsletter! This is going to be fun!

BETHANY & FRIENDS MOVIE REVIEWS

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

Bethany - Along for the Ride 2022, TV-14, Drama, Emma Pasarow. I chose this movie because the preview looked interesting. Eli and Auden are the main characters. Auden went to spend the summer at her father Robert and her stepmother Heidi's house before she goes off to college. Heidi takes Auden to work in her store. Auden meets three girls Maggie, Esther and Leah and they build a friendship. Auden also builds a friendship with Eli whom learn about each other. I give this movie a thumbs up because I like the movie and I want to see more about this movie. I hope down the road there will be a second one. I would recommend this to anyone.



Amanda - Sounds Like Love 2021, TV-MA, Romance, Maria Valverde, chose because the description sounded interesting. I liked this movie a lot. There is a lot of Spanish singing and the movie is based in Madrid but the movie is in English. Mara is the main character and is a fashion assistant. She is living her life single after a breakup with Leo. Leo comes back into her life forcing her to face him and her emotions again. This is a very romantic and intimate movie. I give this movie a thumbs up and would recommend it to people who are fans of romance movies.



Kelly – Sonic 2 2022, PG, Action, James Marsden, chose because it looked like a good movie. This Sonic is from another world and moves in with his family. The family members get married and Sonic destroys someone else's wedding. This movie is like a video game. I give this movie a thumbs up and would recommend this to any of my friends.



ASK ABE TRIVIA!

BY: ABRAHAM WILEY



1. Who played Roland Jupiter 8 synth (synthesizer) bass in the 1985 pop/rock song, Stand Back, by and for Stevie Nicks?
2. Which actress played in the 2 movies, The Last Starfighter and Night of the Comet, and is from the hometown of actor Michael J. Fox (Edmonton, Alberta, Canada)?
3. Which actor not only played in the NBC-TV show, Silver Spoons, but also played in the ABC-TV show, N.Y.P.D Blue?
4. Which actress played in the NBC-TV show, Crossing Jordan, and is also from the hometown of Michael J. Fox?
5. Which actor not only played as Stacey Jaxx in the pop/rock movie Rock of Ages, but also sung the Def Leppard rock song, "Pour Some Sugar on Me", from that same movie?

Little Known Fact

1. The outdoor play, Tecumseh, about a Native American warrior that fought for his tribe and his land, is in its 50th year, this year!

Answers:

1. Prince
2. Catherine Mary Stewart
3. Rick Schroeder
4. Jill Hennessy
5. Tom Cruise

Quick & Healthy Snacks & Recipes

Feta Pasta Recipe

BY: NATALIE MORGAN



INGREDIENTS:

2 pt. cherry or grape tomatoes
1 shallot, quartered
3 cloves garlic, smashed
1/2 c. extra-virgin olive oil, divided
Kosher salt
Pinch crushed red pepper flakes
1 (8-oz.) block feta
3 sprigs fresh thyme
10 oz. pasta
Zest of 1 lemon (optional)
Fresh basil, for garnish

Directions:

Preheat oven to 400°. In a large ovenproof skillet or medium baking dish, combine tomatoes, shallot, garlic, and all but 1 tablespoon oil. Season with salt and red pepper flakes and toss to combine.

Place feta into center of tomato mixture and drizzle with remaining 1 tablespoon oil. Scatter thyme sprigs over tomatoes. Bake for 40 to 45 minutes, until tomatoes are bursting and feta is golden on top.

Meanwhile, in a large pot of boiling salted water, cook pasta until al dente according to package directions.

Reserve ½ cup pasta water before draining.

To skillet with tomatoes and feta, add cooked pasta, reserved pasta water, and lemon zest (if using) and stir until combined. Garnish with basil.



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!!!