

QUOTE OF THE QUARTER:

chosen by self advocates Cindy and Debbie

**"The only disability in life is a bad attitude."
- Scott Hamilton**

WHAT WE'VE BEEN UP TO:

Charting the Life Course Being Taught Locally

Two self advocates, Bill and Logan, traveled to Columbus recently to learn the new **Charting the Life Course** curriculum that was recently added into the Project STIR (Steps Towards Independence and Responsibility) training. They were each given all the tools and materials needed to teach this new curriculum. Both Bill and Logan have agreed to teach a segment of this lesson locally at each upcoming monthly self advocacy meeting.



Newest Ice Cream Social Planning Committee Member

Jon expressed how much he enjoyed volunteering at last year's Ice Cream Social on the square. He was very excited when he was asked to join the planning committee this year. Jon has been assigned to assist with entertainment for this event.

Remote Supports Conference

In April, a self advocate helped out at the MCBDD's Remote Supports Conference at the Galaxy Restaurant in Wadsworth. This event showed how the use of technology can empower and promote independence for individuals with disabilities. Elizabeth enjoyed greeting the conference participants and worked at the registration/door prize table for this event.



Download an E-Newsletter!

Did you know that you can download a digital copy of the Advocates in Action Newsletter? Visit www.mcbdd.org and click on "Self Advocacy" under the "Resources" tab.



The mission of the Medina County Board of Developmental Disabilities is to promote and empower individuals with developmental disabilities to live, learn, work and socialize as citizens in the community.

Advocates in Action

Medina County Board of DD's
self advocacy newsletter

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FROM THE STATE In the News: Special Olympics



People with developmental disabilities have the right to access services and resources that keep them healthy, including physical activity, to the best of each person's capabilities. Special Olympics was organized in the 20th century to offer such an opportunity.

The mission of Special Olympics is to "provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community."

Recently, Special Olympics was in the news when Betsy Devos, Secretary of Education, announced that federal funding for the program was going to be cut from the proposed National Budget. While the Administration supported the mission of Special Olympics, the thought was that it would be better supported by private groups and donations, instead of money from the federal government. This was very controversial; reactions by many legislators indicated they may not support the budget if Special Olympics funding was cut. In addition, many advocates within the disability community spoke out against the cut. As a result, the Administration overruled the funding cut and promised to reinstate it into the National Budget. It should be noted that the proposed cut would have impacted those institutions who receive federal funding through the Department of Education - that is, public schools. Our Medina County program does not receive federal funding supporting the Special Olympics program.

Special Olympics Medina County has over 300 athletes participating in 18 sports, including track and field, volleyball, basketball, softball, swimming, and more. Visit www.soo-h-mc.org to learn more about participating.

by Bill Peters, Self Advocate



Upcoming Self Advocacy Meetings:

Tuesday, July 9 at 6:00 pm
Buffalo Wild Wings
(5050 Eastpointe Dr.
Medina, OH 44256)

Tuesday, Aug. 13 at 6:00 pm
Medina County Board of DD
Pavilion Area
(4691 Windfall Rd.
Medina, OH 44256)

Picnic - hamburgers, lemonade, and chips provided. Additional sides/desserts welcome.

Tuesday, Sept. 10 at 6:00 pm
Spokes II Cafe
(5741 River Styx Rd.
Medina, OH 44256)

Individual Support. Community Achievement.

EMPLOYMENT FEATURE: Jennifer



My name is Jennifer and I work at McDonald's in Brunswick. I have been at this job for 13 years. When I first got hired, I worked as a dining room attendant. My duties were keeping the dining room area clean and restocking the drink bar. Several years later, I was promoted to fry cook. I am now the one who makes those DELICIOUS french fries and hash browns everyone loves so much!

I enjoy being employed at McDonald's and I work hard too. My advice to those employed or seeking employment is to do your best every day. Also, it's important to get along with others, your boss, co-workers, and always be kind and professional to the customers.

Having a job in the community makes me feel good about myself. I love seeing the regulars that come in often. I love having money to do the things I want and I just enjoy getting out of the house.

When I first started working at McDonald's, the fast-paced day was hard for me. I got frustrated a lot when I couldn't keep up. Over time, I learned that it was okay to ask for help when I can't keep up. I have a phrase that usually makes people laugh and that is, "McDonald's is fast food ... it's not instant food."

SPEAKING AT THE SCHOOLS

The self advocates have been very busy as the 2018/19 school year winds down. In April and May, they talked at St. Francis, Buckeye, Sharon, and Huntington elementary schools to more than 325 students. The self advocates did an amazing job of teaching disability awareness, promoting acceptance and the importance of being kind and including all your peers within your school.

Three self advocates took on the extra challenge of speaking to future educators at the Medina County Career Center. This talk was different from the elementary schools in that the self advocates had an open roundtable discussion educating these future teachers on the facts of disabilities, the importance of inclusion and acceptance, and spotting red flags in the classroom.

The self advocates who spoke at the local schools this quarter were: Ashley, Stewart, Elizabeth, Jeremy, and Logan.



TRANSPORTATION RESOURCE SERIES UPDATE

The Transportation Resource Series is a new opportunity for anyone interested in gaining information about transportation options currently available in our community. The series will consist of 4 information sessions about transportation resources, how to access them, and the financial/personal responsibilities that accompany them.

Many self advocates, along with volunteers from the community, worked together on a project for the upcoming Transportation Resource Series. The self advocates and volunteers enjoyed a ride on the Medina County Public Transit throughout our cities to show how transportation promotes inclusion, by enabling us to connect with our community for work and social events.



Session 1: MC Public Transit
Tuesday, July 23 • 5:30-7:00 pm
 Medina County Board of DD
 Board Conference Room 1 & 2
 (4691 Windfall Rd. Medina, OH 44256)

Transportation Survey Taken

A group of self advocates participated in a roundtable discussion on transportation. These are just a few of the responses the self advocates stated:

Why is transportation so important?

- I rely on transportation to get back and forth to work.
- Transportation is important for Special Olympics athletes.
- Without transportation, we can't access the community.
- I get bored at home and just want to get out and about.
- Transportation helps me get out with the people I want to be with.

What do you wish was different about current transportation options?

- More accessible options.
- More weekend options.
- More options with later hours.
- More door to door pick-up/drop-off for safety.
- It isn't always possible to travel from one community to another.
- Sometimes it feels like parents are our personal Uber.
- I don't have access to a computer or smartphone or credit card which some forms of transportation require.

CREATIVE CORNER

Painting and Poem by Caden

Caden is 12 years old and has autism. Caden says, "Please use patience and caring toward autistic people. Autistic people are able to communicate given every possible opportunity."

Poem: "AUTISM TUDE"

MY MIND IS CHIMES AND BELLS
 TIME TO SHUT DOWN
 OTHER THOUGHTS ARE IMPOSSIBLE
 EVERY MOMENT ELUDES ME
 NOTHING MAKES THIS BODY WORK

MOVE

STUCK

HELP

I'M TRYING MY BEST

BELIEVE

UNDERSTAND

LOVE ME

Painting: "My Family"

This painting represents my family. Our family is full of so much strength and love. My family loves each other and really takes care of everyone. Every belief and goal I have totally started because real power comes from love. Love really feels awesome and keeps me strong.



People with disabilities can use different methods to communicate their feelings, wants, and needs. Caden uses a method called Spelling to Communicate.

To learn more, check out www.aalive.org/spelling-to-communicate.