

I Speak

Independence • Success • Power • Education • Advocate • Knowledge

Ed.1

Spring Into Action

April 2016

Welcome to *“Spring Into Action”* the first edition of *I Speak*. This newsletter was created to give people a way to express themselves, develop their talents and share information on a variety of topics that are of interest to self-advocates and their allies. In January a committee of people who were interested in designing a newsletter started talking about what the newsletter could look like. As a result of the meetings the group has had many ideas and is full of energy on how we might be able to include a number of the suggestions over time. If you are interested in being a part of the newsletter team, contact Debbie Marshall at (619) 688-4236 or debbie.marshall@scdd.ca.gov.

Our Newsletter Creation Team: Karen Maier, Orion Savage, Darah Gerou, Allison Portner, Debbie Marshall, Raquel Vasquez, Briana Robinson, Taylor Hogg

An Interview with Karen Maier

Karen recently shared her positive experience about her involvement in legislative advocacy and how she wrote letters to her legislators following the passage of SBX2 2 and ABX2 1 which will bring rate increases to services providers.

Karen do you have a message to anyone about the importance of talking or writing letter to legislators?

Karen: My message is that they should write letters to their state legislators and tell them about people with disabilities. They should ask them to help people with disabilities because our community does need help. If we don't get that help, we are going to end up not getting the money we need for our services. If we don't, I mean where are we going to go? Are we going to end up not being able to go to programs anymore or will we just stay home watching TV?

What did you do to advocate for yourself and your community?

Karen: My case manager, Dennis, and I sat down and wrote to the legislators because we wanted them to know that we are grateful for what they did.

What did they do to make you feel grateful?

Karen: They voted “YES” for the bill that would get more funding for our services that we didn't have. Right now, if we didn't get the money, where would we be? Would we still need to go talk to them to get more money or what would we do?? Then, I got a letter from Toni Atkins saying that she was grateful for the kind words that I spoke about in the letter I wrote her. I feel that I am truly happy for what she did. I am representing my people.



Above: Karen holding letter from Toni Atkins

I am Me!!

A Self Advocacy Poem

I have no eyes, but I can see, the problems
in society.

I still have one arm and I am alright.

I will myself to show my might.

They look down on me for being born so
differently.

It's not a disability.

It's a chance to learn and teach.

So don't preach to me.

Don't say I can't, I am not an ant.

I am me.

I have a brain, one awesome neurological
mainframe.

It's my choice, it's my voice.

It's not a "I CAN'T" because I CAN.

I am Me.

It may be a limitation but I am not limited.

I AM ME!

By Orion Savage



Orion comments on the inspiration to her poem below:

"My inspiration was definitely from a personal experience where if you are different, you are thought of as less. Because of this, I feel we should prove that they are wrong. Albert Einstein and Mozart were documented as having Asperger's. Beethoven was deaf, and he wrote some of his most influential pieces while having the inability to hear his own music. He created something of value that has been used over and over again throughout time. They redefined what it means to be "normal"."

Darah's Activity Corner

Dear Readers,

Ever find yourselves at a loss for what to do on a Friday night? If you are anything like me, you have. Here is a list of my top 10 fun things to do in the county.

1. Carlsbad Flower Fields—Open until May 16
2. Free movies in the park—Check your local city page online to find various locations.
3. Anime/Japanese Cultural Event—Every 2nd Saturday of every month at the Denny's in Claremont Town Square shopping plaza.
4. Birch Aquarium.
5. Catch a show at The National Comedy Theater.
6. Go to the Palomar College Planetarium
7. San Diego County fair —Opens June 3
8. San Diego Zoo at night—June 23 to Sept. 3
9. visit sandiegoreader.com for events in your area.
10. Check out sdrc.org for links to county activities.

Announcements

12th Annual Community Legislative Forum

"Be the Change You Wish to See in the World"
Mahatma Gandhi

Changing Minds **Friday, May 6, 2016**
9:00 am - 11:30 am

Key Legislation, Grassroots Advocacy, Call to Action...

Keynote: Catherine Blakemore, Executive Director
Disability Rights CA (DRC)

Moderator: Susan Madison, Advocate and Disability Consultant
Disability Services Coordinator for the City of San Diego (former)

Invited Guests: Local Legislators, Agency Administrators,
Service Providers, Self Advocates & Parents

Changing Lives

Changing the World

DDPN
Developmental Disability
Provider Network



Keeping The Community Whole

Location:
Balboa Park Club
2144 Pan American Rd. West
San Diego CA 92120

Registration Information
Event Details
ddpnlegislativeforum.eventbrite.com

THIS IS A NO COST EVENT

SAVE THE DATE!!

2016 San Diego People First
Self-Advocacy Conference

Friday, June 3rd—
Saturday, June 4th, 2016
San Diego Marriott in
Mission Valley

RIDER ALERT!

Post Until 3/31/16



WHEELCHAIR AND PRIORITY SEATING ENFORCEMENT

A new state law and MTS policy require passengers to relinquish their seat to seniors and people with disabilities if the seat is located in a wheelchair or priority seating area of the bus or Trolley. These seats and areas are designated by blue signs.

Refusal to vacate a seat for a senior/disabled rider upon request may result in a citation and the following fines:

- \$25 for first offense
- \$50 for second offense
- \$100 for third and subsequent offenses

Significant court administrative fees are added to these fines.

Announcements

ANNOUNCING A New Project....

Look what is
NEW in 2016!!

We are looking for people who are interested in working with others to create the I Speak: self-advocacy newsletter.

This group will work together to design a newsletter that will be distributed several times a year. No experience is required just a willingness to work on promoting advocacy.

The meetings are held on the 2nd Monday of every month...

The next meeting will be:

When: May 9th at 10:00a.m.

Where: SCDD Office

8880 Rio San Diego Drive #250
San Diego, CA 92108

WE WILL BE LEARNING AND PRACTICING SKILLS NEEDED TO BE LEADERS FOR OURSELVES AND WITH OTHERS



The key to success



is to share ideas,



look toward the future



and work together....

Please join us in strengthening the self-advocacy movement in San Diego as we create a new resource.

For information and questions call Debbie Marshall (619) 688- 4236 or email at debbie.marshall@scdd.ca.gov

**REGISTER
TO VOTE**



Don't forget the deadline to register to vote in the June 7, 2016 primary election is May 23, 2016.

Three tips for voting:

- 1) Register
- 2) Research
- 3) Vote

For a presentation on your voter education contact the SCDD office at 619-688-4236

Facilitation and Support provided by SCCD-San Diego, Imperial Office

