



The Connector

**SPEAKING UP FOR US
OF MAINE**

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August 2021 Newsletter

Welcome self-advocates, friends, family members and allies. The end of August brings us to the end of the summer. For many of us it is the return to routine, after a summer of relaxing.

It is also the time when we at SUFU celebrate the last year and look to the new at our annual conference. If you have not registered for the conference yet, there is still time!

2021 Speaking Up For Us Conference Announcement



The 2021 Speaking Up For Us Conference will be held virtually this year on September 21, and 22. This year we are planning workshops, our Annual Meeting with some some entertainment. Registration is now open for the conference. Registration is available online on our [website](#).

We have some great workshops to choose from this year. Internet Safety, Rights as a Self-Advocate, Self-Care, HCBS settings rule, a writing workshop with Marco, what is consent in our relationships and more. We hope you join us!



Jon's Corner

The Presentation on What Can You Do as a Citizen to Educate Legislators at the SARTAC Meeting recently was good. There were some points in the presentation that were helpful and useful.



I currently attend both the Bangor and Casco Chapter meetings. The Casco Chapter is like the Bangor Chapter in a way. The Bangor Chapter is Really Engaging and that's what Casco does is Engaging and asking a lot of questions. Those are both great chapters for people to check out.

At our statewide recently we did the topic of Building Self-Confidence. When we did Building Self-Confidence, I think it got a lot of people building up their Leadership skills and Self-Confidence.

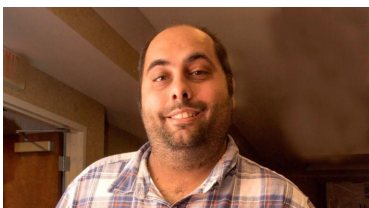
Helping Laurie out is a very big part of my job and is helpful in building up my self-confidence as a Program Associate.

Taking a break from work can help the juices flowing in my head and helps me work easier. Getting to enjoy the nice weather and taking a vacation can help you relax.

What's on the blog?

This month we celebrated self-advocate Mary Ann Swank going back to school. If you haven't read the story of Mary Ann check it out [here](#).

If you are a self-advocate that would like to submit an entry for our blog please reach out to [Laurie Coldwell](#) or [Jon McGovern](#).



Kile's Corner

Hello it's Kile here. I was able to attend the Bicentennial Parade celebrating the state of Maine. I walked with the float that Disability Rights Maine had done. We were able to pass out candy and connect with people. It was a hot long day but well worth it. I had a great time and got to talk with Governor Mills and other dignitaries.



Finally

We invite you to check out our [website](#) . Read our most recent [blog post](#) and subscribe to future blogs. You can also find the list of our chapter meetings, or follow us on [Facebook](#). If you are a SUFU member we want you to join our members only Facebook Group. To do that please email [Laurie Coldwell](#) or [Jon McGovern](#). We don't want you to miss anything.



Have an Idea for Something to be in The Connector?

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