



The Connector

SPEAKING UP FOR US
OF MAINE

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March 2022 Newsletter

Speaking Up For Us staff have been busy over the last month. We have been working on our Advocacy Day Series, planning our Leadership Training, and pulling together ideas for Regional In-Person conferences. The rest of our spring and summer is set to be a busy time as we start to see each other face to face!



New SUFU Resources

Speaking Up For Us has been creating resources that Self-Advocates can use with their staff, supporters, friends and family. These resources are free on our [website](https://www.sufumaine.org) and can be downloaded. You can also click on each picture below and they will take you to the downloadable pdf. They were created to help Self-Advocates speak up about what they wanted, lead a self-determined life, and make informed choices.





**Speaking
Up For Us**
sufumaine.org

Self Advocacy

Knowing Yourself

Learn about you. What you like, want, and dream. Set goals for yourself.

Staying Informed

Keep up to date on info. Know how & where to find resources.

Decision Making

Gather info to make an informed decision of what you want.

Asking for Help

Asking for help is ok. We all need help sometimes. What do you need help with?

Speaking Up

On issues, about what you want in your life, about injustices, or for others who cannot speak for themselves.

SELF DETERMINATION



Knowing Your Rights

Learn about your rights and what to do if you think your rights have been broken.

Finding Support

Who can support you? Friends, Family, Neighbors, Support Staff? Find support that works for you.

Problem Solving

Identify and sort out problems. Use your skills to find ways to solve the problems.

Leadership

Take charge of your own life. Be responsible and set goals to accomplish. Be determined.

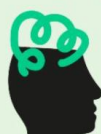
Taking Action

Do something to make a change in your life, or the life of others.

It is important when supporting a person to:



Use Active Listening



Keep an Open Mind



Steps to Making Informed Choices

Informed choice

is an ongoing process of exploration based on correct information, knowledge & real-life experiences.

Evaluate

Check in to see that the person is happy with the decision. Did it work out as planned? Does the person want to change?

Choose & Empower

The person makes the decision and the people around them support their decision.

Explore Options

Use the info to think about the different options based on interest, skills, desire & availability.

Gather Information

Be involved together to learn, seek knowledge, and get information.

Understand What the Person Wants

Using the ability to share feelings to discover and connect with a person in order to truly understand them.

Informed Choice

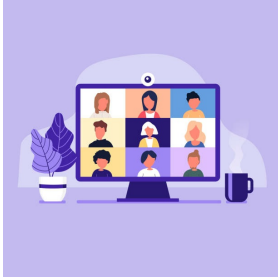
uses person centered conversations and activities to help the person make their own decisions.



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Technical Assistance Training

Speaking up For Us is offering a FREE virtual training for people who receive HCBS services, and their Community Support staff as settings align their services to the Home and Community Based Settings Rule. If you would like to register for this training with your support person, the form is [here](#).



Advocacy Day

Our Advocacy Day series is returning to our Tuesday afternoon meetings in April! This is a three part series that will cover the following topics:

Part 1 - How an Idea Becomes a law

Part 2 - How does Government Work & What is Policy Anyway?

Part 3 - Building Relationship with Legislators and Why?



ADVOCACY DAY

3 Part

Virtual Event

Dates: Tuesday April 5th, Tuesday April 12th and
Tuesday April 26th

Time: 1:00 PM– 2:00 PM

Location: ZOOM Meeting.

Session 1: How an Idea Becomes a Law

Session 2: How does Government Work
& What is Policy Anyway?

Session 3: Building Relationships with
Legislators and Why?

Hosted by:



Speaking Up for Us

**Pre-Registration
Required to get
the Zoom Link.**



Maine Developmental
Disabilities Council



Advocacy Day will be held this year and all adults living with Developmental Disabilities and/or family member invited to participate. This program **requires you to pre-register** and complete steps before and after the day of the event.

To Register:

Call Laurie Coldwell
(207) 956-1004 ext 4

Email: lcoldwell@sufumaine.org

Website: sufumaine.org

Leadership Training!

Leadership Training is back! If you would like to nominate someone for the SUFU leadership training please see the details below.



“For a long time, people told me what they thought I couldn’t do. Being part of the Leadership Program has given me the opportunity to learn skills that can help others and to learn from other people too!”
– Mary Ann

“Everyone should be able to set goals for themselves and make a conscious effort to achieve them. It’s part of what makes us all human. I hope that my experience inspires other people like me to aim high for what they want in life.”
-Marco



Speaking Up for Us Leadership Development Program

The SUFU Leadership Development Program has been training future leaders from our membership for several years. Members participate in a 3 day program learning skills and building confidence to be a leader in their community.

Be Nominated Today!

Nominations will be accepted until May 5th. Please include the name, mailing address, phone number and email of the person nominated. A cost of \$15 for members and \$25 for non members must be included with completed applications. Applications will be reviewed and approved for acceptance. Some applicants may not be accepted to the program based on information provided and/or space. Applications are due by May 15th.

To learn more about SUFU, please visit our website:
sufumaine.org

Submit Nominations:

Speaking up for Us

PO Box 4139

Presque Isle, ME 04769

sufumaine.org

Call Laurie Coldwell

lcoldwell@sufumaine.org
(207) 956-1004

Jon's Corner

Hi this is Jon. In the Central Maine Chapter one week we talked about relationships. It was great to hear from others and gave everyone something to think about. We also we were able to have a SUFU member and someone from his program visit the chapter and see what SUFU is about.



I enjoyed the SARTAC meeting on the Peer 2 Peer Presentation from Connecticut. It had a lot of information and the SARTAC Members asked a lot of questions on the subject.

I have been also posting the flyers on Facebook. The one on Self-Advocacy to Self-Determination is my favorite.

I hope these flyers help bring new people to SUFU.



Kile's Corner

Hello to all the self-advocates! Kile here. I hope we are all so happy about spring. This last month has been a very busy time. I have been doing work with the Brain Injury Association of Maine and spreading the work about self-advocacy to their groups. It's fun to tell other people that they can speak up out for themselves and make changes in their lives.

I've also been attending the SARTAC meetings, and I get to meet a lot of people from different states. They work hard just like us. One of the topics that caught my eye is on

how other states show how they self-advocate.

I'm also happy to be back to doing the Technical Assistance project. We meet with different individuals and their support staff and talk about self-advocacy and self-determination.

Keep up speaking up and we will be heard.

What's on the blog?

Our Blog is a space where Self-Advocates share their stories. We invite you to check them 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](#).



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?

Contact: Laurie Coldwell

Program Manager (207) 956-1004 / Ext. 4

lcoldwell@sufumaine.org

SUFU CONNECTOR
Speaking Up For Us of Maine
207-956-1004

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