



The Connector

**SPEAKING UP FOR US
OF MAINE**

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October 2022 Newsletter

It's hard to believe we are at the end of October already! We have had a busy month with our first in-person board meeting for the new board of directors, multiple technical assistance presentations around Maine, voter training with Disability Rights Maine on our Statewide. In addition, we were able to have Community Work Incentives Coordinators from Maine Medical Center come to a statewide and share the services that they offer. A copy of the presentation is on our [website](#).

Technical Assistance

Speaking Up For Us is excited to be visiting with different agencies and groups to talk about what Self-Advocacy, Self-Determination and Informed Choice are. This is always a beneficial time to talk about what SUFU is doing and how self-advocacy work.

Kile and Laurie were able to talk with a group in Westbrook where people were excited about SUFU and Self-Advocacy.

Maryann and Laurie were able to talk with two different groups, one in Augusta, and one in Waterville about Self-Advocacy. Maryann was able to share her story about what self-advocacy means to her.

If you would like SUFU to come and talk to your group, please email info@sufumaine.org
We are booking dates for the beginning of 2023!



Jon's Corner

Hi there

This month I was able to attend the York County

chapter meeting. It went well, and I got to meet new members of SUFU. It also allowed them to meet as I am sometimes mail them items.

This month at SARTAC one of our topics was on voting. It was a good conversation at SARTAC. I was able to share with them the ballotready.org website. We have been using this in our chapter meetings and shared on our statewide meeting when we talked about voting.



We have had some great new blog posts on our website and sharing them to Facebook. I was able to share about my trip to New York recently and Barb Pomeroy talked about how she is planning for future.

In-Person Board Meeting

On October 26th many of board members traveled to Waterville to participate in an in-person board meeting. This was an opportunity to get to know other board members, orientation for their new board binders, receive updates and make decisions.



Kile's Corner

Hi to all, this is Kile's blog to tell you about the month October. It was so busy, but I love to keep myself busy for you guys.

I had to drive to Westbrook to meet Laurie for a Technical Assistance presentation for some new people that would like to join us in SUFU. Going to Westbrook, it was my first time there, and it was nice getting outside of Fort Kent. That was so nice to make time to meet new people and was nice and look for more members to join to SUFU.

That makes us stronger with our voices and together with new people, that can make you stronger. That's what you can do in your own life. When we do the Technical Assistance training, that make me feel stronger. Talking to people, that I hope will like to join SUFU so we can have new people and the more that we can get the more it makes us stronger. We need more voices. Look for new people, make new friends and share new ideas that people make can in their own life.

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?

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