

# Illinois Voices Listserve

**About Self-Advocates. For Self-Advocates. By Self-Advocates.**



You help me in so many ways, whether it is by preparing my meals, helping me with my meds, dressing and bathing me, or helping me getting to places I need to be.

You are always there for me: Caring and supporting, leading me down the road I wish to be. Hand in hand

We will walk together till the day I can stand on my own two feet. So we thank you from all of our hearts and we want

You to know that for all that you do you will always be in our hearts.

So we give you this day to celebrate....You and

All of the wonderful things you do!

Written by Amber N., self-advocate from Streator, IL, in honor of National DSP Recognition Week, September 14 – 18, 2009.

## What self-advocacy means to me...

"I'm loving it making my own choices." "Love me. Listen to me."

"Listen to what I have to say." "Don't work without me!"

"Being alone stinks!" "Stand up for yourself." "Just listen."

"We deserve a chance to show you how good we work." "Be myself."

"Voices. We all have one...use yours." "Hear my words." "Change it!"

"I hear you. Do you hear me?" "Respect us for who we are."

"Let me try stuff when it's complicated." "Read my lips." "It's my life."

"We can do it." "I can do it myself." "Listen to us."

"Give us a chance to do it on our own." "Equality for all."

"Don't forget me." "Treat me well." "Do your thing."

"We want our piece of the American Pie." "We all have our rights."

"It's time for us to get our fair share." "Everyone be respectful."

"Stop, look, and listen to me!"

**Self-advocacy slogans written by self-advocates and staff at the Illinois Voices Training Day at Human Support Services in Waterloo, IL!**

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Dear Colleagues,

The American Association on Intellectual and Developmental Disabilities intends to publish a special issue on employment in their journal *Intellectual and Developmental Disabilities* in 2011. This special issue will be timed to correspond with the 2011 Summit on Employment sponsored by the Alliance for Full Participation (AFP) ([www.allianceforfullparticipation.org](http://www.allianceforfullparticipation.org)). The AFP's sponsorship is possible through the combined efforts of 14 national organizations involved in intellectual and developmental disability issues. William Kiernan of the University of Massachusetts and David Mank of Indiana University will be guest editors of this special issue.

The special issue will feature:

- Research and data-based manuscripts
- Policy analysis manuscripts
- Perspectives manuscripts

Potential topics in the special issue include employment outcomes, evaluations, policy, cost studies, transition, customized employment, career development, employer leadership, corporate initiatives, intervention, self-advocacy and employment, best practices, international issues, and others.

If you are interested in submitting a manuscript for consideration in this special issue, please send an e-mail to William Kiernan, PhD ([william.kiernan@umb.edu](mailto:william.kiernan@umb.edu)) and include a one-paragraph description of the topic you plan to address.

The proposed topic must be submitted no later than November 1, 2009. Drs. Kiernan and Mank will review all materials and respond with feedback to authors by December 1. Should you be encouraged to submit a full manuscript, your submission will go through the peer-review process. We encourage you to submit an article for consideration in this special issue of *Intellectual and Developmental Disabilities*.

Sincerely,

Steven J. Taylor, Ph.D.  
Editor, *Intellectual and Developmental Disabilities*

### Did You Know?



If you are in the Central Network, you can participate in the Network meetings via Telehealth by going to Human Resources Center in Paris; Charleston Transitional Facilities in Charleston; Jacksonville Developmental Center in Jacksonville; or Transitions of Western Illinois in Quincy.

**Get the best of both worlds! Speak up at the Central Network meeting and try out the latest technology!**



The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. We do this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy.

Learn more by logging on to [www.autism-society.org](http://www.autism-society.org).



### Qualified what???

At the April meeting of the Self-Advocates Committee, the Division of Developmental Disabilities shared a policy statement about the new language to replace 'QMRP'. Self-advocates had voted for 'QSP' - Qualified Support Professional. After posting the statement on the DDD website, lots of comments came in. Almost everyone agrees that the title should be changed to be more respectful and sensitive to people with developmental disabilities. Some people thought the title should be more specific. Some people said that the language at the federal level may be changed...So, this will be discussed with the Self-Advocates Committee on September 21, 2009 at 6:30 at the Northfield Inn and Suites (Jade Room). Lilia Teninty, Director of the Division of Developmental Disabilities, said, "I apologize for any confusion. We need a better way to draft policies, gather public comments and make final decisions." Lilia stated that the final decision on the 'Q' language will be made shortly after the meeting with self-advocates. If you are unable to attend the meeting and want your ideas shared, contact Amy Walker at 217-875-8886 or [awalker@maconresources.org](mailto:awalker@maconresources.org). Thanks for speaking up about what is important....and speaking up again and again. Your voices count!!



You are invited to join a conversation about the What Really Matters Initiative hosted by CQL's Albert Van Kleeck, Director of Accreditation and Cathy Yadamec, Project Manager. CQL's What Really Matters Initiative identifies person-directed services as having the greatest impact on peoples' quality of life. We want to update you on our new initiative and we want you to tell us what really matters to you and the people you serve. What you have to say is important to us.

Tuesday, October 13, 2009      1 – 4 PM  
Cherry Hill Conference Center  
2505 East Washington Street  
Joliet IL 60433    phone 815-722-0166

Refreshments will be provided.

Please RSVP by Thursday, October 8 for yourself and up to two people from organization by e-mailing [communications@thecouncil.org](mailto:communications@thecouncil.org).  
For more information call Albert Van Kleeck at 443-762-3253.



It was fun! I wanted to sit in a fire truck for a long time. This was the first time I was in a fire truck! It felt wonderful. It looked different than I thought. It felt good to be in there. I'm so glad I got my dream. My dream was to sit in a fire truck and I got my dream!

~ Sandy R., self-advocate from Joliet, IL



**"Focus on listening. Listening is a sign of respect...a demonstration that people and their ideas are important. When people know you're willing to listen, they will share their ideas as well as their frustrations. Listening enables you to build a foundation of trust that is essential to motivation."**

~John Baldoni



My dream was to sit in a real fire truck! It felt pretty good to sit in a real fire truck! I wanted to do it my whole life! It was the 1st time I saw inside a fire truck! I'm so happy my dream came true!

~ Jim M., self-advocate from Joliet, IL

## KATHY CONOUR: A LIFE OF LIBERTY (1943-2009)



**"Well, you've got to be tough when consumed by desire  
'Cause it's not enough just to stand outside the fire..."**

~ Garth Brooks, "Standing Outside the Fire"

It is with deep sadness that we report the passing of Kathy Conour. Kathy was a truly incredible person who is survived by her family, friends and her legacy of activism in the disability community. Her friend and caretaker of 42 years, Diana Braun, will continue advocating for people with disabilities and traveling the country sharing their story. It is our hope that Kathy's dream of advocating for, and educating people about, the disability community can be further realized through the upcoming national PBS broadcast of *Body & Soul: Diana & Kathy*. The broadcast of this powerful documentary will allow thousands of people to experience the inspirational story of these two lifelong friends.

Kathy Conour lived a life: her own. She also lived with a disability: cerebral palsy. More than anything, however, she lived a lifelong dream: freedom. The walls of nursing homes and other large "care facilities" were never Kathy's vision of home, or where and how she wanted to fulfill her destiny. Kathy took risks, "standing outside the fire" as Garth Brooks puts it. She teamed up with a friend, not just a "care provider", and together they took on the system and the world!

She grew up as an only child on Bates Avenue in Springfield, Illinois. She attended high school in Chicago. Her first job took her to a sheltered workshop in Ottawa, Illinois. Despite the objections of her parents, she vowed to avoid being placed in a nursing home. So, when she met Diana Braun at the same sheltered workshop in 1970, they teamed up and began sharing the same living space. It was an excellent match! A friendship began that lasted 42 years.

Kathy was a visionary leader and a relentless activist for disability rights. Recently, she served on the board of United Cerebral Palsy of Illinois. In the past, Kathy worked with the Illinois Council on Developmental Disabilities, the Illinois Center for Independent Living, The Arc of Illinois, and People First. A well-known activist on the national scene, she was often invited to speak at national conferences and conventions. In 2005, Kathy Conour and Diana Braun were awarded an Illinois Human Rights Award. They were the first people with disabilities to receive this honor. They were awarded the Justin Dart Award from the Coalition of Citizens with Disability in Illinois and the Illinois network for Centers for Independent Living in 2008.

Kathy and Diana met Academy-Award-nominated documentary filmmaker Alice Elliott in 2003 and convinced her to make a film about them. *Body & Soul: Diana & Kathy* will be seen on Public Television this fall recognizing National Disabilities Awareness Month in October (times listed at [www.dianaandkathy.com](http://www.dianaandkathy.com)). She loved being the star of the documentary and helped move it forward, encouraging the filmmaker to push through to the finish. *Body & Soul: Diana & Kathy*, has won recognition in both the film and disability advocacy communities. Kathy's dream continues to be realized as the film will be screened in North Carolina, Salt Lake City and Munich, Germany within the next few months.

Kathy's humor, intelligence, thoughtfulness, and candor will be missed. Most of all, her fierce determination and unwillingness to settle for "the way things are" has inspired hundreds of thousands to live their dreams!

A memorial service for Kathy Conour will be held on October 10th in Springfield, IL. Contact [info@welcomechange.org](mailto:info@welcomechange.org) for details. Donations may be made to the Arc of Illinois in Memory of Kathy Conour. Please put Kathy's name on the memo or subject line. The money will be used for Kathy's friend of 42 years, Diana Braun, to travel and promote the PBS documentary on their lives together, *Body & Soul: Diana & Kathy*. You can send a donation to The Arc of Illinois, 20901 LaGrange Rd., Suite #209, Frankfort, IL 60423 815-464-1832 – Phone, 815-464-5292 - Fax



**ablevision**

**This is what people with ability is all about.**

ablevision is a national award-winning TV program created and produced entirely by people with disabilities in a state-of-the-art digital studio. It has had 16,000 Youtube views, and has 52 broadcast affiliates in Massachusetts, California, Idaho, Michigan, Missouri, New Hampshire, New York and Virginia.

Check out ablevision at [www.triangle-inc.org/index.php/about\\_ablevision/#](http://www.triangle-inc.org/index.php/about_ablevision/#).



My dream was to see inside an ambulance. It was like my 1st time doing it! It was exciting. I was excited. I liked when he put the thing on my finger (Oxygen Monitor) to show me how it worked. I wanted to see inside an ambulance for a long time. I am happy my dream came true! It was exciting!

~ James H., self-advocate from Joliet, IL



LifeMyWay is a grassroots effort to celebrate the talents of individuals with developmental disabilities in Illinois. The mission is to show people what we can do. LifeMyWay helps empower persons with developmental disabilities and their families to advocate for their needs, rights and opportunities. We share their stories so that voices from around the state can be heard. We are a resource and place where individuals and families can come together to learn and receive encouragement. By promoting advocacy, community and life, LifeMyWay is our voice.

[www.LifeMyWay.org](http://www.LifeMyWay.org)



**Come learn how to lead Sexuality Education and Training in your agency**

**Becoming a Sexuality Educator: Leading Groups**

This workshop is designed to help you become more comfortable and confident teaching a sexuality education class in your agency. During this workshop, you will receive a manual on how to get a class started and a curriculum with lesson plans to use with your class.

Participants will:

- Explore what makes a good sexuality educator
- Review the Sexuality and Developmental Disabilities Manual & Curriculum
- Practice lesson plans from the curriculum
- Practice effective ways to teach sexuality education classes

Who should attend?

Teams from each agency should include a person with a disability and a staff person. (Space is limited, so check availability if you want to send more than one team from your agency.)

Presenter:

Katherine McLaughlin has been a Planned Parenthood of Northern New England Educator/Trainer for over 17 years. She has presented *Sexuality and Developmental Disabilities: Train the Trainer* in Maine, New Hampshire and Vermont. She has also worked directly with consumers and their parents.

When: October 15 & 16, 2009

Thursday, 9am-5:30pm and Friday, 9am-3pm

Where: UIC Institute on Disability and Human Development

1640 W. Roosevelt Road, Chicago, IL 60608

Cost: \$150 per team (a person with a disability and a staff person).

Questions? Contact Katie Keiling Arnold at [kkeiling@uic.edu](mailto:kkeiling@uic.edu) or (312) 996-1002



My dream was to see and sit inside an ambulance and a fire truck. For the last 3 years or so I wanted to sit in a fire truck and ambulance. I moved where I can hear them all the time. It made me wonder what it was like and what was inside. Now my curiosity is satisfied! Now at least I know how these things are equipped and how adequate for our needs they are. I'm real happy that my dream came true!

~ Georgia L., self-advocate from Joliet, IL



**CCDI HOT NEWS: Illinois Youth with Disabilities Legislative Action and Rally Day**

Come rally for disability rights in Springfield and talk to your elected officials about what matters to YOU! Meet young people with disabilities from around the state and learn about what we all have in common.

Date: Wednesday, October 28  
 Location: State Capitol, Springfield, IL  
 Agenda: 11 am - rally at State Capitol Lincoln statue  
 12 Noon - Lunch/Mingle  
 1-3:30 pm - Visit Elected Officials  
 3:30 - 4 pm -Wrap up at Capitol Complex Visitors Center

RSVP: October 15, 2009

For more information or materials to educate young people about this event, please contact Amber Smock at (312) 640-2191 or [asmock@accessliving.org](mailto:asmock@accessliving.org) or Adam Ballard at (312) 640-2195 or [aballard@accessliving.org](mailto:aballard@accessliving.org). Please contact Amber or Adam if you want updates or to help plan the event.

You are invited to a **FREE** training day to introduce you to



Illinois Voices is a state-wide self-advocacy initiative designed to empower people with developmental and other disabilities to make their own decisions, stand up for their rights and speak for themselves based on their strengths and desires.

This fun filled day for persons with disabilities, family members, and agency staff will include information and ideas needed to begin building capacities, changing lives, and recognizing the value of persons with disabilities through:

a celebration of gifts, group activities, DVD's, scenarios, ways to support self advocacy, types of choices and how they can be honored, and much, much more!

**Monday, October 19, 2009**  
**9am-2pm (lunch on your own)**  
**Southern Illinois Case Coordination Services**  
**Centralia, IL**

**Monday, October 26, 2009**  
**10am-2.30pm (lunch on your own)**  
**Advocates for Access Peoria Heights, IL**

Space is limited so register early for this exciting day by contacting Susan Urquhart at 217.875.8891, or [suquhart@maconresources.org](mailto:suquhart@maconresources.org).



I liked the fire truck, because it was nice. My dream was to sit in a fire truck. It was nice inside. They had all the equipment inside. This is my 1st time ever drove on a fire truck. I was so happy they were coming. I liked the people. They was friendly and respectful. Talking together they showed good leadership. It was wonderful and excellent to have my dream come true! I would like to try this again!

~ Tony T., self-advocate from Joliet, IL

## Network Advisory Council Meetings

Can't get to Springfield for the Statewide Advisory Council Meeting? Each network has regularly scheduled network meetings closer to you that you can attend. You are encouraged to attend and let your voice be heard.

### Next North Suburban Network Meeting

November 19, 2009 9:30am  
Center for Enriched Living  
280 Saunders Road  
Riverwoods, IL  
Contact: Ed McManus 312-814-5981

### Next North Central Network Meeting

October 6, 2009 10:00am  
Morton Park District's Freedom Hall  
349 W. Birchwood, Morton, IL  
Contact: Andrea Medley 217-524-2520

### Next City of Chicago Network Meeting

October 13, 2009 10:00am  
University of Illinois at Chicago (UIC)  
Institute on Disabilities and Human Development  
1640 West Roosevelt Road – Auditorium, Chicago, IL  
Contact: Katherine Madison 312-814-8665

### Next North West Network Meeting

November 18, 2009 5:30pm  
Milestone Training Center (MTC)  
4504 Shepherd Trail, Rockford, IL  
Contact: Kevin Byrd 217-524-2517

### Next South Suburban Network Meeting

November 18, 2009 2:00pm  
Suburban Access  
925 W. 175<sup>th</sup> Street  
Homewood, IL  
Contact: Mike Dittmer 312-814-4290  
\* please contact Mike Dittmer to confirm the date and time of the meeting prior to attending.

### Next Central Network Meeting

October 8, 2009 12.30pm  
Centrum Building North, Conference Room 2A  
401 N. 4<sup>th</sup> Street, 2<sup>nd</sup> Floor  
Springfield, IL  
Contact: Pam Gray 217-524-2518

### Next Southern Network Meeting

November 17, 2009 10:00am  
Municipal Building West  
200 Potomac Blvd.  
Mt. Vernon, IL  
Contact: Alan Cherrick 217-782-5230

## Statewide Advisory Council

The next Statewide Advisory Council (SAC) meeting is scheduled for:

**Thursday, October 22, 2009**

**All SAC Meetings will be held at the Northfield Center, 3280 Northfield Drive, Springfield, IL.**

Don't forget there is a pre-meeting beginning at 9:00am to assist people with developmental disabilities to better understand the content of the meeting. Over the year, there has been exciting interaction and communication as a result of Illinois Voices. Whether it's your 1<sup>st</sup> time or your 21<sup>st</sup> time at the meeting, we hope to see many of you there!

**Come and be a part of the changes!**



**MARK THE DATE!  
PLEASE NOTE NEW MEETING LOCATION!**

**Wednesday, October 21, 2009  
6.30pm Jade Room**

### Self-Advocacy Committee Meeting

On April 16, 2009 (the day before the Statewide Advisory Committee Meeting), Director Lilia Teninty will meet with the Self-Advocacy Committee at 6.30pm in the Jade Room at the Northfield Inn and Suites. This is an opportunity for self-advocates to speak directly with the Director of the Division of Developmental Disabilities. ALL self-advocates are welcome to attend. Make plans to attend the Self-Advocacy Committee Meeting ~ your voice is important!

The City of Chicago network is sponsoring a pizza dinner before the Self-Advocacy Committee Meeting at 5.30pm in the Jade Room. This pizza dinner is free for self-advocates and support staff who will be attending the meeting.



My name is Andy. Four weeks ago I was hired to work at Bill Walsh Automotive Group, a local dealership. I obtained this job after participating in the Rural Illinois Customized Employment Sustainability (RICES) project. I used to work in a sheltered workshop, but now I am working 20 hours a week putting away car parts, stocking shelves, washing cars, and performing janitorial tasks. I like that I use a computer to clock in hours and look up car parts. I like my coworkers. They are friendly to me and fun to work with. One of my favorite jobs is to pull parts for other workers. If they need a certain part, they ask me to pull it for them. I like having a job to go to everyday. I like helping others and having a weekly paycheck.

~ Andy H., self-advocate from Streator, IL



### An Invitation to Senator Gary Dahl

~ Lorri M., self-advocate from Streator, IL

I was invited to attend the August, 2009 Eggs and Issues meeting with some other individuals who attend the Streator Unlimited, Inc.'s day service program. Illinois representatives Senator Gary Dahl, Representative Frank Mautino, and Congresswoman Debbie Halvorson were the main speakers for this breakfast meeting for businesses within the community sponsored by the Streator Area Chamber of Commerce. After the meeting, the staff member who accompanied us introduced us to Senator Gary Dahl. I asked Sen. Dahl if he would be interested in coming to Streator Unlimited to see what we do. He gave us his card and asked us to call his office to make an appointment.

My case manager helped me prepare what I would say to schedule the appointment. I was very nervous as I made the call. After speaking to several individuals who work for Sen. Dahl, the appointment was made!

Senator Dahl came to visit Streator Unlimited, Inc. on September 17, 2009. My case manager and I showed him around the facility. We made sure that he was able to see what was going on in consumer chosen classes. One of these classes included independent living skills where they were taking a survey. The question was, "If you could have a penny a day doubled for 30 days or have \$100,000.00 up front which would you choose?" Sen. Dahl said he'd go for the doubling of the penny. Another class was involved in an art project. We also showed him our classy 50's diner area where we eat lunch and take breaks every day and the multi-purpose area where we are able to watch movies, exercise, and play Wii or X-box. Lastly, we showed him the production area where we have a powder coat paint line area, a huge parts washer, clean and repair plastic totes, assemble boxes and package cans and jars, shed paper, engrave plastic and metal using the computer, iron folding chair covers, and make wreaths and swags (in remembrance for lost loved ones, hence our title for this job, "Moments Remembered") out of flowers that are picked up from area funeral homes, dried and then made into the arrangements. I think he was most impressed with the "Moments Remembered" project.

I was scared before Sen. Dahl came, but once we got started with the tour, and I realized he was just like everyone else, putting his pant on one leg at a time, I was ok with showing him around our building. He was a very nice gentleman. I was pleased to see that he showed a genuine interest to the people at Streator Unlimited, Inc. and what we do in the building and for our community.

# SPEAK UP AND SPEAK OUT summit

Funded by The Illinois Council on  
Developmental Disabilities

**November 4-6, 2009**

**Hilton Hotel**

**Springfield, IL**

#### This 2009 Summit will focus on:

- Civil Rights for people with disabilities including the right to choose how they live!**
- Self-Advocacy!**
- How individuals, family and community work together to achieve desired outcomes!**
- Take home ideas and plans to make positive change in your life and your community!**

#### Contact:

**Janet at the Arc of Illinois**

**Phone: 815-464-1832**

**Fax: 815-464-5292**

**E-mail: [janet@thearcofil.org](mailto:janet@thearcofil.org)**