



## GMSA Board Meeting 2.24.2014



**Self-Advocates 29:** Kris Medina, Tracy Thresher, Debbie Demars, Lori Jones, Marylin Shank, Patty Grassette, Cy Trombley, Rachel MacMartin, Amy Guinard, Craig Davis, Lori Merrill, James Paradis, Mary LaFountain, Bruce Stamley, Ray Wagner, Heather Raymond, Rose Dumais, Ken Jacobs, Randy Lizotte, Dan Dunn, Erik Johnson, Robert Martin II, Bret Sweeney, Kyle Moriarty, Scott Brodie, Levi Gardner, Adam Mozdzierz.

**Allies 21:** Rich Atkinson, April McCandless, Jeanette Hurdle, Lisa Maynes, Paula Collins, Vicki Germain, Patti Mack, Lisa Quinn, Wendy Capobianco, Edward Thorndike, Brenda Lenon, Skye Peebles, Cathy Hull, Kyle Griggs, Marc Tetrealt, Ana D'Leon, Amy Anderson, Jen Carr, Tanja Mattfeld, Erin Rose, Kati Jennings.



### Group Check-ins.

#### Friends Helping Friends



- Planning a punch card fundraiser with Simply Subs
- Are starting a "Living on Your Own Committee" this spring hosted by FHF and SAP program

5 things we are good at:

- 1) Representing ourselves at the state house
- 2) Putting on good potlucks each month
- 3) Work well with other groups
- 4) Trainings
- 5) Having fun

## Advocates for Action

- Continue evening outings each month
- Going to the 3/14 Disability Services Day at the state house
- 3 things we are good at:
  1. fundraises
  2. dances
  3. communication

## Speak Up Addison County



- Having a spring fling dance
- 5 things we are good at: ???

## Next Step



- Had a social event last Friday with 20-30 people showing up
- Are doing trainings including a Therapeutic Options training
- Some people want to do workshops at V/C
- Are doing fundraisers
- Are trying to get more people to join the group
- 4 things we are good at:
  - 1) Good at social events
  - 2) Good at staff trainings
  - 3) Community service
  - 4) Disability awareness trainings like Look Through Our Eyes

## VT Choices



- Just ended a fundraiser
- Have a dance coming up
- 5 things we are good at:

- 1) Trying to get money for more services
- 2) Running our own meetings

## **CAT**



- Recent meeting canceled due to snow
- 5 things we are good at:
  - 1) raising money
  - 2) having fun
  - 3) leg breakfasts
  - 4) parades for the 4<sup>th</sup> of July
  - 5) disability awareness events

## **Communication Alliance**



- 5 things we are good at:
  - 1) communication in schools
  - 2) educating legislators and others
  - 3) perseverance
  - 4) organizing
  - 5) joining forces with others

## **SAVY**

- 5 things we are good at:
  - 1) Fundraising
  - 2) Community service
  - 3) Going to the state house
  - 4) Trainings (like with EMTs)

## **GATSA**



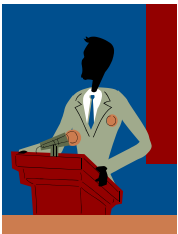
- Got feedback from Max recently
- Are selling pizza to raise money for the conferences
- Having a dance soon
- 5 things we are good at:
  - 1) Trainings
  - 2) Fundraising
  - 3) Supporting each other
  - 4) Leg breakfasts
  - 5) Teaching breakout sessions

## **Ally of the Year**



- Should be for an organization or person who has gone above and beyond to help GMSA as a whole.
- People should bring 5 reasons why they think the person/ group they want to nominate has been a good ally to GMSA.
- We will select this person in the March meeting

## **Chester Finn Day/ Talking About Stories**



- Read quotes he said on that day. Comments from people who met with him:
  - o We can learn a lot from his work and his attitude
  - o He is inspiring!
  - o Teaches us about living each day to the fullest!
- Broke into small groups and came up with stories about times when we have made a difference in someone's life. Came back into the big group and shared some stories. Topper recorded the stories on her iPad.

- Chester appeared on our 20th anniversary video, to be seen at Voices and Choices, on our website, and on Facebook.

### **March 14<sup>th</sup> – Disability Services Day at the State House**



- Topper will send out agenda this Friday
- Topper needs to follow up with cafeteria about gluten-free breakfast options
- We should be telling our legislators “thanks for \$10.5 million and this is why it is so important!”

### **Respectful Language Bill**



- Has passed!
- Is waiting to be reviewed by Legislative Council
- GMSA will give notice to local groups before the governor signs it but we won't get a lot of notice ahead of time



### **DD Act**

- Is another bill that is going on right now
- Has to do with making rights for people stronger
- Will pass out information at State House days

### **Life Histories Project**



- Are still receiving nomination forms
- Will select people by March 1<sup>st</sup>
- Will notify people by first week of March so we can get started!
- Call Stirling with any questions

## Youth Summit



- GMSA is planning a one-day mini conference for young people with disabilities
- Kris Medina and Skye met with students at Spaulding to pick their brains about what they want to know. Now the planning begins!

## Vermont Family Network visited – Lisa Maynes



- Works at VFN. VFN is all about listening to people. They make a lot of referrals to GMSA. Have an annual conference. Wants to get to know GMSA better and visit local groups.
- Is mom of kids with disabilities
- Wants to work more with GMSA and get more families involved
- Did a brainstorm with the group about topics that self-advocates would like to see webinars about. Topper asked, “If you could put all of your family members and parents in a room, what would you want to teach them about self-advocacy?” Here are the answers:
  - o How to get more mentors
  - o Transition from high school to adulthood
  - o Siblings
  - o Taking a step back
  - o Teach about the experience of what we are going through
  - o Let us be our own guardians
  - o Meaning of the term “dignity of risk”
  - o Why does self-advocacy make such a big difference in our life (use MLK Jr as an example)
  - o Keep me in the loop so I can support my family



- o Society needs to keep us in the loop
- Our dreams are not always the same as our parents.
- VFN wants to have a family/ self-advocacy gathering on the topic of transition. Self-advocates suggested they have a transition fair with a panel discussion that includes parents, kids, and other self-advocates. Teach families of younger kids about alternatives to guardianship – teach options!

### **Workshops – What Makes them Good?**

- The group broke up and read through a handout about workshops and talked about what makes workshops good.
- Then the group got back together and shared their ideas:
  - o Interactive and engaging
  - o Have accommodations for communication barriers
  - o Have pictures and videos
  - o Ask questions and have people work in small groups
  - o Handouts are good
  - o Role plays
  - o Accessible language
  - o Are fun
  - o Have audience participation
  - o Tell your story
  - o Knowledgeable and prepared presenters



- Humor is a great tool
- Have some music to move around to
- Have talking points both seen and heard