



Self Advocates in Leadership

SAIL UPDATE

December 2016

The annual Statewide Legislative Reception is almost here!

Please plan on coming if you can!

Wednesday, February 1, 2017

Advocacy Day/ Employment Rally 10:00 am/12:30 rally

Briefing: 2:00-4:00 pm

The United Churches

110-11th Avenue SE, Olympia 98501

Dinner on your own

Reception: 5:30-7:00 pm



Updated Rapid Response list

At our December meeting we updated the SAIL Rapid Response list. SAIL uses this list to decide our opinions on key issues during the session. Noah uses the list to call members when he needs to make decisions between meetings. If you would like to join the list, email noah at noah@arcwa.org or call him at 360-357-5596 ext 102.

January 10th is our next meeting!

The January 2017 meeting will include:

- ◆ Get Healthy with Sandy!
- ◆ Advocacy Day planning!
- ◆ Updates on legislation

A Note from the Chair

December 2016

Happy new year to everyone, hope you had a good holiday season. Looking forward to the new year and having a great legislative session we will have to be working extra hard to get our goals done. We hope you all come out to February 1 events. Dress warm for advocacy days!

Sincerely,

Eric Matthes, Chair of SAIL

Ivanova Smith, Co-Chair of SAIL

Notes from the December 2016 SAIL meeting

- ◆ We opened the meeting by talking about proposed bills. There are several proposed guardianship bills that would help with isolation and give a supportive decision making option be available instead of full guardianship
- ◆ Other proposed bills is the enhanced 911 bill that enables all first responders knowledge of a person disability if they sign up for the service. There are proposed bills dealing with how the police deals with the public, There is a proposed bill dealing with restraints in schools.
- ◆ To find out more about legislative bills see the 2017 legislative notebook on the Arc's website <http://bit.ly/2gXr40i>
- ◆ Noah Seidel read a letter written by Allies in Advocacy in regards to the Fircrest Master Plan. The Plan would update the institution. Allies want to see all of Fircrest be a benefit of the whole community of Shoreline. We want to see all people with disables integrated into the community and therefore Fircrest should benefit all people including people with disabilities, so that people with disabilities that choose to live there feel like apart of the community.
- ◆ SAIL member Shaun Bickley brought up the issue of us supporting the organization Allies of American Muslims in Washington State The organization that supports American Muslims wants us to write a letter of support as they face discrimination. SAIL members agreed to writing this letter of support and hopes to talk to Allies of American Muslims members to see if they will support people with intellectual and developmental disability if we are discriminated against.
- ◆ SAIL chairmen Eric Matthes read a document created by Allies in Advocacy that reviews Allies Governance rules that they came up with. Allies in Advocacy is a statewide advocacy group hopping to become the 4th DD partner leg focusing on self advocacy. SAIL members are very supportive in Allies becoming the 4th leg.
- ◆ SAIL chairmen Eric Matthes & SAIL member tri city rep and past chair Anthony Butosi are presenting the year in review PowerPoint that shows the highlights for us in 2016 including highlights from ARC of Washington State Disability Pride Day, the Supportive Living Rally, the WISE Community Summit, and the People First of Washington Conference. Also we had a tribute to longtime advocate Janet Adams who passed away.
- ◆ We are having a discussion about what SAIL can do in 2017. The group wants to do more presentations, we want to help more at advocacy events, we want to make sure all members all over the state see our information. We want to use social media more
- ◆ Noah Seidel reported that after the election the state house is still controlled by the democrats and the state senate is controlled by the republicans. Also Noah is handing out our platform, our agenda, and Arc's Hot Tips. If you would like any of these materials contact Noah!
- ◆ At the Federal level the Republicans remain in control of the house and the senate and our next President is Donald J. Trump. We want to educate our new leaders on the importance of issues regarding people with intellectual and developmental disabilities.
- ◆ This month health tips was a recipe for peanut sauce. First get out a bowl. Put in the following ingredients. 2 tablespoons of water, 2 tablespoons of oil, 1/4 cup of peanut butter or 2 heaping scoops of peanut butter, mix together then put 2 tablespoons of rice vinegar, 2 tablespoons soy sauce, 1/2 teaspoon ground ginger, 1/8 teaspoon cayenne ground red pepper, if you like add 3 medium green onions, and 3 tablespoon cilantro. mix together until smooth