



Self Advocates in Leadership

SAIL UPDATE

October 2011



Community Outreach Idea

Cheryl raised the idea of how the group could be more involved in the community. Brian Dahl talked about the need for clear objectives and outcomes. It was decided that at each meeting about 15 minutes will be devoted to community outreach. Therefore making it possible to include everyone and make sure that everyone knows exactly what is going on and how they can be involved.

Budget Bad News!

The group had a long discussion about the proposed cuts will impact us. Now is the time to contact your legislators and let them know how all this will affect you.

WE NEED TO START ADVOCATING NOW!

Three **PROPOSED CUTS** that are particularly concerning:

- Core Medicaid programs will be changed so that only people with higher levels of physical and/or developmental disabilities will be served. Those currently receiving services who do not meet those higher thresholds will lose them and only persons with higher level of need will enter remaining services. (This means that many SAIL members could be affected! Our VOICES are more important than ever!)
 - Suspension of Individual and Family Services and all contracts associated with it. (This is where some of the money to fund People First of Washington and Self-Advocates of Washington comes from.)
 - Suspend the Adult Pharmacy Benefit. (This means that Medicaid would no longer pay for prescription medications.)
 - Termination of all non-emergency dental coverage for adults (Advocacy is needed here!)
- Please plan to come on November 28, 2011 Rally!**

Andrea Kadlac from Disability Rights Washington Comes to SAIL

Andrea came to SAIL to help the group process the BAD NEWS! Change is always hard. When you have too much bad news it's hard to move forward. . .you feel helpless. In every human being and every organization. . .when you have big problems, they can overwhelm you. SO. . .try to shrink the problems and think of new ways to handle them. Think long range! Look back on our victories. . .all of the bills we have worked on. Advocacy Strategies: Build Community Support; One Voice, One Message; Shrink It, Keep it Simple; Appeal to what we feel, not Think; Pace Yourself and Think Outside the Box. Thanks for coming, Andrea we are in this together!!

Thanks Grier for coming to take video!

Thanks Sandy Latham for all of the healthy eating tips!

For more information about SAIL, contact Emily Rogers: emily@arcwa.org; 1.888.754.8798



A Note from the Chair



October 2011

Hi Everyone!

Thank you for coming to the October SAIL meeting. We had a long discussion on the proposed budget cuts. Thank you to our guests that came to the SAIL meeting.

Sincerely,

Heather Harper

Chair, Self Advocates in Leadership (SAIL)

The First Day of the Special Session is November 28, 2011!

On that day, there are several events planned. Please see the flyer on the back of the November Meeting Announcement. (Enclosed) If you are planning on attending and would be willing to speak about how the proposed cuts could affect you, please call Emily right away at 1-888-754-8798. Please try to come, your voice makes a difference in these very hard times. Hope to see you there!

**Self-Advocates in Leadership
SAIL'S 100 MESSAGE CHALLENGE!!
PLEASE KEEP THOSE MESSAGES COMING!!**

SAIL wants to give YOU the opportunity to make your voice heard!

Over the next six weeks ending on November 15, SAIL will be collecting your messages to help make sure that the legislators know how the proposed cuts affect you. You could also write a message about why the services you receive are critical for your life. Tell your story! Include a picture if you have one!

Guidelines about YOUR MESSAGE:

- Write clearly or ask someone to help you.
 - Keep your message short and to the point.
 - If you are e-mailing your message please write "100 Message Challenge" in the Subject Line and e-mail emily@arcwa.org
 - Please take the time to gather as a group and send your messages to Emily at 2638 State Ave NE, Olympia WA 98506
- Looking forward to hearing from **YOU!**

We want to gather 100 messages to give to Legislators during the Special Session and the 2012 Regular Session!