



# Miracle



## Special points of interest:

- *Amy F.  
Shooting  
star of the  
season*
- *Katie  
Hangs out  
with  
Lauren  
Potter*

## Acceptance for Dreams

By Katie M. ~ Here I am with Lauren Potter from the TV Show *Glee*. She was the big speaker at The Arc Greater Twin Cities Gala on February 9th and was speaking about anti-bullying and abuse. "Imagine a good life." She is the inspiration for me to follow my dreams and to know anything is possible. So shoot for the stars, go for what you want to achieve in life, don't let any one say you can't do something, because you can prove them wrong! Dream big my friends and follow your heart!!!!



## Shooting Star - Amy F

Amy is one of the clients who started self-advocacy in 1995 - that's when it all began. "Self-advocacy is part of my life and it taught me to speak up for myself," said Amy. She is always excited to meet new friends and very excited to let everyone know that a self-advocacy group at Adult Day Services (ADS) just started last month on Mondays. It is called the Frankettes. "That's so cool and I am working on t-shirts, woo!", said Amy.

Amy said, "I am glad when you put your mind to it, you can achieve great and positive things."

Amy likes playing sports like:

1. soccer
2. basketball
3. bowling
4. softball



Amy's personality is so fun to be around. We got the power !!

## Shooting Stars Meetings



Big Happy Family  
Tuesday Self-  
Advocacy

The Shooting Stars SA groups meet on:

- Tuesday afternoon 1:15 to 2:10pm,
- Wednesday 8:00 am to 9:00 am, &
- Thursday morning 8:30 to 9:30am &

Also Katie has a J.Arthur's Self Advocacy off site group every other Thursday afternoon from 4:00 pm to 5:30 pm and everyone is welcome, J.Arthur's coffee shop 2441 rice

Roseville, MN , any questions please Contact Katie @ 651-815-2262



## A few shooting stars went to visit : Honorable Judge Frank



There were just about 10 Shooting Stars Self-Advocates at the court house visiting Judge Frank in his Chambers on January 16th. We were all so grateful to be there and we also were video taped for TPT channel 2 for a Documentary on Rights for people with Disabilities



ARE YOU INTERESTED IN HELPING WITH THE QUARTERLY NEWSLETTER , MIRACLE ?

Roberta B. & Katie M. are looking for self-advocates who are interested in helping with editing & doing interviews , taking pictures , etc. for the Miracle news letter committee. If you are interested please contact either Katie or Roberta at the email addresses on the back page.

## *Testifying at the Capitol in support of House File 777*

*By Roberta B., Self-Advocate Mentor*

On Tuesday, March 5<sup>th</sup>; I went over to the Capitol with John Wayne Barker to testify in support of House File 777, which is the Cost-of-Living Adjustment rate increase of 5% for the next two fiscal years that would even have the quality of services that all of us get at Merrick increasing as a result. The testimony went over really well and I hope that it will be included in the House Health and Human Services budget bill for this year.

Bullet Point:

- Pay increase for people who provide services to people with disabilities.



## *Take a look inside Alternative Services*

A typical day in Alternative services starts with clients arriving around 8:00 a.m. Once they put their belongings away, they head for the choosing board to choose their activity for the day. Choices vary from day to day, and include Sensory activities, Cooking, Art, Games, Greenhouse, offsite outings to parks, museums, shows, lunch bunch and/or walks. Specific group activities go from 9:30-11:30 and may consist of the following:

Sensory group allows clients to utilize their senses of touch, taste, smell, sight and sound while engaging in hands on organized activities. In cooking clients plan menus, shop for supplies, and create recipes which allow each person to participate whether it being pouring in the ingredient, stirring, using a blender etc. After the cooking activity is done there is time to look through the cook books to see what other yummy snacks or treats to make for the next calendar, or playing food bingo for prizes. In the art group there is a calendar made each month

with two options of a project they can pick from. Each month is usually themed around the holiday or the current season. For example for the Easter Holiday they put together a few different projects, one was a group effort and one set up for individuals.

At 11:30, each client is assigned to a lunch table or group, and is offered supervision and assistance and adaptive equipment based on level of need. After lunch, clients are offered assistance with personal cares and then either work or social time based upon when their rides leave for the day. With each day comes different choices and different challenges but as always we make the best of it and try to make it a fun filled day for everyone.!!! [Article provided by AS Staff Maureen]



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[Shooting stars  
Facebook page](#)

*To submit an article for the Miracle newsletter please contact the Editor, Katie M. at 651-815-2262, or [katiemariemcd@gmail.com](mailto:katiemariemcd@gmail.com) or Co-Editor, Roberta B. at [blomstersa@comcast.net](mailto:blomstersa@comcast.net)*

**Shooting Stars Miracle is a newsletter written by self-advocates wanting to share their good news with everyone. It will published four times a year.**



If anyone is interested in writing for the Self Advocate newsletter *Miracle* please send me a sample column to my email ([KatiemarieMcD@gmail.com](mailto:KatiemarieMcD@gmail.com))—deadline for the Summer issue is July 2nd. Take a chance to be who you are!!!

## STARS OF THE SEASON

**Name: Tina M**

Nominated by: Patricia D

Reasons for nomination:



1. She is a Kind Person
2. Cool Attitude
3. Good Friend

**What do you like to do in your spare time?**

Not too much, I just like to relax and watch TV. And every other Thursday I am part of Advocates Aces Self-Advocacy Group.

**How has self-advocacy changed your life?**

I have been an Advocate for a long time. It helps me make new friends and lets my voice be heard. It is a great feeling, it just lets me be who I am.

**How long have you been at Merrick?** I have been here for along time about 30 years. It is a family to me.

**What area at Merrick do you work in?**

I work on the utility floor on cards and many of the contracts that comes in. Some day we have down time but that's okay, that gives me the chance to chat with my friends and do something fun!

**What is your favorite food?**

Pizza



**Name: Thea G**

Nominated. Mary R

Reasons for nomination:

1. She is funny and likes to use her wise mind
2. Great Self-advocate
3. She loves all her friends

**What do you like to do in your spare time?** I like going to the casino with my friends to win some money .

**How has self-advocacy changed your life?** I love my life because I can tell people how I feel and use my wise mind & I like running my own annual meetings.

**How long have you been at Merrick and what do you do here?** I have been with Merrick for about 15 years or so I work in Recycling and on Wednesdays I do plant therapy. It's so cool.

**What are your favorite foods?**

Culver's and many other restaurants, I enjoy going on lunch outings.

