



Miracle



Special Points of Interest

- *Lifeworks Summit (cover page) and Creative Options Conference (page 2)*
- *Roberta B. visit with Special Olympics Russia delegation*
- *Client Awards Ceremonies*
- *Shooting Stars of the season (Cover page and page 4)*

Spoootacular



Lifeworks Summit

Learning how to be fearless and to express yourself with anti-bullying, letting others know it is okay to be different with the help of Upstream Arts. Kurt from The Arc Minnesota spoke to us after lunch about legislative issues.



By Peer Mentor Katie M.

Shooting Star - Tricia P.

I would like to say I have been at Merrick for 7 years. It has gone by fast and everyone still loves me. In my spare time I like to hang out with friends and go to the movies. I love being in self-advocacy and I am the President of the offsite Group Advocate Aces at J. Arthur's coffee shop every other Thursday afternoon. My Job is "Cleaning Lady".



Shooting Stars Meetings



The Shooting Stars SA groups meet on:

- Frankettes every other Monday 10:15-11:00 a.m.
- Tuesday afternoon 1:15 to 2:10 p.m.
- Wednesday Morning 8:00 to 9:30 a.m.
- Thursday morning 8:30 to 9:30 a.m.

Also Katie has a Self-Advocacy off site group that meets every other Thursday afternoon from 4:00 to

5:30 p.m. at J.Arthur's. Everyone is welcome to join.

Location:

J.Arthur's coffee shop
2441 Rice Street
Roseville, MN

Any questions please contact Katie @ 651-815-2262



2013 Creative Options Summary by Roberta B.

On October 7th, 2013 we had thirty-three self-advocates at the Creative Options Conference. I was on the Planning Committee and I had a certain duty to do that day-welcome people and let them know where registration for the conference was. We did one presentation: the Anti-Bullying one and I also did a presentation with two staff from Opportunity Partners on apps for the iPad. I truly did feel like I could have been more involved with the second session that I did that day. This was a somber day as it was Vicki's final Creative Options Conference because her last day at Lifeworks will be October 18th as she has a job with the healthcare industry. There is possibility that there could be a Creative Options Conference for Self-Advocates and I'll keep you posted if this does happen.

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 and conducting interviews, taking pictures, etc. for the Miracle news letter. If you are interested in being on the committee please contact either Katie or Roberta. This is a fun and exciting way to get to know other people and make new friends.

We also have sign up sheets in the commons area and on the work floor.

A wonderful visit with the Special Olympics Russia Delegation

By Roberta B., Self-Advocate Mentor

On August 15th, I had the honor of meeting with Nadeza Bannikova and Zoya Berdnikova, who were the members of the Special Olympics Russia Delegation. Mike Greenbaum, a staff person from Merrick joined me for this meeting and a tour of the main site. They were impressed by how organized Merrick is and it was a shock for one of them. I was also told by one of the delegation members "You're a star!" They also were going to all three of the sites where horseback riding, bocce ball, softball and golf would be during that weekend as part of the Special Olympics Minnesota Fall Games. Since I'm also a Special Olympics Minnesota Athlete, I did let them know what time I would be competing on August 18th for the State Golf Tournament at Oak Marsh Golf Course in Oakdale. I did have information ready to go on Anti-Bullying, Assistive Technology and Self-Advocacy and did let them know that the information is in English, so they may need to have a translator present when they watch it and read it. They are looking for volunteers for Special Olympics Russia and suggested to me that I do come out.

- Special Olympics-a global movement (sports and other things) for people with all types of Intellectual Disabilities, which is celebrating 45 years this year.
- Russia-a country (Sochi, one of their cities will be the host city for the 2014 Winter Olympics).



Client Awards Ceremonies By: Katie M. Peer Mentor

The Merrick client service award ceremonies were held on August 8, 2013 and August 15, 2013. Once again both days were a huge success. Simplicity and excellent volunteers were the key. We had over 250 people in attendance who were full of energy and all wearing smiles. Tu Y. was even dressed in a full tuxedo complete with bowtie and like the other recipients very proud of his accomplishments. Several clients commented at the podium thanking their staff at Merrick, complimenting their van drivers and honoring their families for the support over the years in all aspects of their lives.



Katie C. with her 10-year award

Our host, Colleen once again did a completely fabulous job of providing the opening commentary and enthusiastically describing the gifts and talents that each one of the recipients bring to our lives. Her presentations are captivating and priceless for the clients and their families. It was the highlight of the year for many clients. It was great to see several Merrick and Newtrax staff attend and show their support. Patti M. received an award for being a part of Merrick for forty-five years. Congrats Patti! People don't always remember what you say, but they will always remember how you made them feel. Many clients commented that at Merrick they feel loved, important and cared about.

Shooting Stars of Merrick, Inc.
3210 Labore road
Vadnais Heights MN 55110

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.



[Shooting stars Facebook page](#)

If you have any questions on how to write an article please contact the Editor, Katie M. or Co-Editor, Roberta B. at blomstersa@comcast.net



If anyone is interested in writing an article for the Self-Advocate's newsletter "Miracle" please send the article to my email address.

(KatiemarieMcD@gmail.com)

The deadline for the Winter Issue is Thanksgiving.

Take a chance to be who you are!!!

STARS OF THE SEASON

Name: Chris G.

Nominated by: Abby H.

Reasons for nomination:

1. Chris is nice.
2. Chris is a great Self – Advocate.
3. Chris is a Good cook.

What do you like to do in your spare time? I like listening to music of all kinds

How has self-advocacy changed your life? I learned how to speak up for myself and listen to my peers.

How long have you been at Merrick and what do you do here? I been here for 18 years working on the White Way crew .

What is your favorite food? Lasagna - yum!



Getting ready to meet with legislators at the Capitol.

Name: Abby H.

Nominated by: Nick M.

Reasons for nomination:

1. Abby is kind.
2. Abby is a good listener.
3. Abby is an awesome speaker.

What do you like to do in your spare time?

Just hanging out with friends, or going to the mall.

How has self-advocacy changed your life?

I have a wonderful time being president of the Wednesday Morning Self-Advocacy Group, I love learning new activities and meeting new people.

How long have you been at Merrick and what do you do here? Going on 3 years working on the White Way crew.

What are your favorite foods?

I love going to eat at Red Lobster, Noodles and Company, Chipotle and Buffalo Wild Wings are all my favorite restaurants and nachos on Fridays are my weekly snack.



Chilling at Sports Camp- getting ready to dance the night away!!!