



Miracle



Special Points of Interest

- *Shade story*
- *Shooting Stars of the Season*
- *Brian's Citizens Bits*
- *Katie and Mary Make a Presentation in Brainerd*

Fall Into Change



Art By Self-Advocates



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

Katie M. is looking for Self-Advocates who are interested in helping with conducting interviews, taking pictures, and editing, etc. for the "Miracle" newsletter. If you are interested in being on the committee please contact Katie. This is a fun and exciting way to get to know other people and make new friends. Katie will have a sign up sheet in the Sean Kenny Computer Room. Feel free to stop by.

Shooting Star: Shade

Shade is from Nigeria in Africa, so she traveled all the way to Minnesota learning about all kinds of new cultures. Now she lives in a group home with others. She met new friends when she came to Merrick Inc., in AS, where she does lots of cool activities. This year she is president of the Self-Advocacy group which meets on Thursdays. There, she likes learning to speak for herself and others. she plans on running for

president in November when elections come up again. She has lots of new friends. Shade loves to sing, and letting her staff know what she wants and what she needs, and even her goals and dreams. She also likes spending time in horticulture therapy and watching movies.



Shooting Stars' Meetings



The Shooting Stars SA groups meet:

- Frankettes: every other Monday 10:15-11:00 a.m. at the North St. Paul site
- Tuesday afternoon 1:15 to 2:10 p.m. at 3210 Labore
- Wednesday morning 8:00 to 9:30 a.m. at 3210 Labore
- Thursday morning 8:30 to 9:30 a.m. at 3210 Labore

Also, Katie hosts a Self-Advocacy offsite group that meets every-other Thursday afternoon at **J. Arthur's** at 2441 Rice Street in Roseville, from 4:00 to 5:30 p.m.

Everyone is welcome to join.

Any questions, please contact Katie @ 651-815-2262.

Shooting Stars Update:



♦ The Ambassadors for Respect project and a Self-Advocate, Karen Loven, will be receiving The Arc MN *Community Innovator Award* and the *Citizenship Award*, respectively, at an upcoming banquet at the Shoreview Community Center on Saturday, November 15th.

♦ Mary Raasch and Katie McDermott were paid presenters at a Community Based Services Supervisory Conference in Brainerd in September. Refer to the following page for more details.

- ♦ Michon Smith, Dan Gumatz, and John Cundy are participating in the Partners in Policymaking 8-month course.
- ♦ The Advocacy Aces just completed a fundraiser selling over \$1,600 worth of Yankee Candles; the group will receive 40% of the proceeds.
- ♦ The Ambassadors for Respect received confirmation that they will be awarded a grant of \$15,000.00 to continue to make presentations to fourth grade classrooms.
- ♦ Breanna Bemboom from the MN Secretary of State's Office conducted voter awareness and voter registration sessions at Merrick in September.

Shooting Stars Update (continued):

Reflections on the Community Based Services Presentation, by Katie McDermott



On Wednesday, September 24th, Mary Raasch and I had the privilege of speaking at Community Based Services' Supervisory Conference in Brainerd. I presented 4 break-out sessions about Self-Advocacy and *People 1st Language*. I am hoping this will open doors to more Self-Advocates rising above and more opportunities to get paid to conduct presentations. I think this was a great experience for me to really get the word out about what Self-Advocacy really means to me and teaching about the definition of Self-Advocacy. During my presentation, I described the brief history of SA as a movement, and also the concept that Self-Advocacy is changing as we know it.

On September 25th Mary Raasch and I were proud to present the keynote address at the conference about Self-Advocacy on all levels. Self-Advocacy is changing things all around us in powerful ways, and all aspects of life. Life isn't always easy for anyone. When we put hard work into what we love to do, it is amazing to get feedback; having the audience stand up and clapping for us was a great feeling. This shows what two self-advocates can do to make a difference in people's lives. I just want to cry for happiness. Like Mary always says, "DREAM BIG"!



Brian's Citizen Bits:



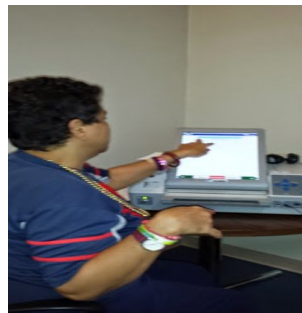
Brian Jensen, with State Representative Bev Scalze.

My name is Brian Jensen, and I have been involved in self-advocacy since June of 2001, and I am the new Self-Advocate reporting on legislative and voter information. I have some big shoes to fill, replacing Roberta Blomster who has enlightened Self-Advocates for years.

Civic responsibility is very important. Whether you are contacting legislators, being involved down at the Capitol, or voting, you are an involved citizen. For many years, persons with disabilities didn't know they could vote or that their vote mattered. We have a civic responsibility to be engaged, because we do matter! In the spirit of civic engagement, Breanna Bemboom from the MN Office of the Secretary of State was invited to conduct three voter awareness and registration sessions for the Shooting Stars groups and one for the Advocacy Aces. Breanna demonstrated the Auto Mark device. She provided us information about the voting process and voting rights. Breanna was impressed with the knowledge of those in attendance and the enthusiasm for voting in the upcoming election.

It is up to us to learn about the candidates and the issues so that we can make informed decisions about who would best represent us. In November, we will conduct a post-election survey to identify how many persons served at Merrick voted, and if there were any difficulties in the voting process.

In upcoming articles, I will share with you issues that may impact persons with disabilities. Stay informed and be engaged!



Mary learns how to use the Auto Mark device.



Michon practices using the Auto Mark device.

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

Shooting Stars "Miracle" is a newsletter written by Self-Advocates to share their good news with everyone. It is published four times a year.

[Visit the Shooting Stars Facebook page.](#)

If you have any questions on how to write an article please contact the editor, Katie M. at katiemariemcd@gmail.com.

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

(katiemariemcd@gmail.com)

The deadline for the winter 2014 issue is December 22nd

Take a chance to show who you are!!!

Stars of the Season

Name: John C.

Nominated by: Lisa S

Reasons for nomination:

1. He is a good worker.
2. He is fun to be around.
3. He cares about people.

What do you like to do in your spare time?

I like to walk, chill out, and watch movies.



This is where I work; it's a beautiful Day :)

How has Self-Advocacy changed your life?

I met new friends and I learn how to speak up for myself.

How long have you been at Merrick and what do you do here?

I started at Merrick with the Recycling Crew November 15th—almost a year ago.

What are your aspirations?

I want to make money and meeting new people.



Name: Pat B.

Nominated by: Matt

Reasons for nomination:

1. He helps others.
2. He likes to make cook books.
3. He is a good friend.

What do you like to do in your spare time?

I play on the computer and look up recipes for cook books I like to make.

How has Self-Advocacy changed your life?

I have made new friends and I learn about standing up for my rights.

How long have you been at Merrick and what do you do here?

I've been with Merrick for more than 20 years, working on the White Way crew.

What are your aspirations? Self-Advocacy, getting together with advocates and going to conferences.



John and Pat, good friends hanging out.