



SELF-ADVOCACY NEWSLETTER

Merrick, Inc.



GRAND OPENING

Our mission to empower as many adults with disabilities as possible prompted the search, renovation, and grand opening of the Willow Lake Boulevard building. This non-vocational program space is for clients to participate in activities which engage creativity, individual choices, physical movement, and community involvement.



EXPANSION

With Merrick's expansion at Willow Lake Boulevard, came the addition of clients, staff, and many more self-advocates. Three meeting times have been added to the weekly rotation; bringing the totals to 10 meetings with over 130 clients attending. Self-Advocates discuss topics and practice skills including: self-awareness, determination, networking, public speaking, budgeting, and human rights.

CAREER TRAINING ACADEMY



Nick Wilkie from Minnesota Diversified Industries (MDI) delivered an eight week Unified Work career training course to a Merrick group of 13 employment seekers, including nine self-advocates. The course covered skills such as professional greeting,

elevator pitch, personal mission statement, goal development, confidence building, and teamwork. These skills were taught through lecture, examples, role-play, and hands-on activities. At the end of the course, participants received certificates of completion.



DISABILITY PRIDE EVENT



On Thursday July 13, 2023 Advocating Change Together (ACT) organized the first annual Disability Pride event at the Capitol Building in St. Paul, MN. Festivities included participation in a collective project about what disability pride means, music, hula hooping, and a talent show.

Snacks and water were provided. Food Trucks were parked across the street for those who brought cash and an empty stomach. People with disabilities from all over the Twin Cities came to the event. Merrick represented with a self-advocacy group from Willow Lake Boulevard.

AMPLIFIED VOICES

Good food,
going to the park
I wish to teach
everyone to be
this happy

- Christina B.

the BIG 60th Birthday celebrated at
Maplewood Mall with family. i opened my
cards and presents. we ate cheeseburgers
and fries and enjoyed my rootbeer float.
diet coke and ice cream chips. - Kelly D.

Dear Future Me,

I'm trying to be honest. I hope you have helped others
with transportation and coordinating outings. Have you
been treated well? Are you able to communicate your
needs? I hope so. Is your body functioning still? Do other
people know yet? I don't know how I feel about you. It's
hard to think sometimes.

All the Best,
Presently Anonymous

A.P.R.M.T.

I want an apartment
with an outdoor pool.
I want a girlfriend
to love
and respect.
I want Metro certification.
I cope with rock music -
Aerosmith
I want jobs
for money
to pay
for my dream life.

- Mike R.

I like going to Merrick and going to work
at Kowalski's. One of my talents is playing
the keyboard. I know over 200 hymns that
I play by ear. I play when I get home from
church on Sunday and then play them
again on Monday. It helps me relax. I also
have a hobby of collecting Breyer horses.
I now have 42 at my parents' home and 7
at my group home. I love horses!

- Chad G.

AMPLIFIED VOICES

(continued)

Hoover Dam
feels powerful.

My happiest memory
is when I toured there.

I am happy with
coffee everyday,

voodoo dolls,
parakeets,

grasshoppers,
wood ticks.

Writing,
black magic,

and damn-it dolls
cure a bad day.

Interests lie
in submarine models

and drawing
the Hoover Dam.

- Lisa G.

i like my life i can do fun things at home:
shopping, eating at restaurants
with my PCA, watching movies...
if i have the money.

Freedom
i like that

- Kim T.

Wonder Woman makes me feel powerful
once I fail, I ask others for help -
pepping up.

Teach everyone how
to use a computer,
if I could.

At car shows
and in concert front rows
I am so happy.
Being in a parade
everyday
is the dream life for me.
"Party's here!"

-David B.

had my own place on west
7th by the airport
bowling, roller skating, ice
skating
that's what I enjoyed
when I had my own place.

Now
group home staff
don't listen to what I want
don't like it when I speak up,
but I once had my own
place
by the airport

- Jeradine P.

VISUAL ARTWORKS



Mountains & Water by Jeradine P.



Grandma Logeson and I at Rosepointe Together by Sam M.



Superhero by Dave B.



Flowers by Dru L.

Advocacy Skills Word Search

E	X	P	L	O	R	A	T	I	O	N	D	H	Z	V
B	X	Y	B	A	W	A	R	E	N	E	S	S	Y	E
K	I	Z	T	E	C	H	N	O	L	O	G	Y	S	Y
T	H	R	I	V	E	R	S	G	R	X	E	S	U	C
Q	G	Z	C	Z	O	W	E	O	M	U	N	O	P	O
D	E	T	E	R	M	I	N	A	T	I	O	N	P	M
Z	W	W	T	P	V	G	Y	L	T	A	E	P	O	M
P	V	L	J	M	T	T	I	S	W	E	A	T	R	U
L	O	F	U	L	F	I	L	L	M	E	N	T	T	N
A	T	I	N	F	O	R	M	A	T	I	O	N	S	I
N	E	C	J	S	E	F	M	L	E	P	D	A	W	T
D	A	F	F	I	R	M	A	T	I	O	N	X	M	Y
E	C	B	U	D	G	E	T	D	E	C	I	D	E	E
Y	C	O	N	F	I	D	E	N	C	E	S	I	F	S
V	X	Y	W	D	V	O	I	C	E	L	D	H	Z	X

Determination

Fulfillment

Awareness

Decide

Information

Goals

Exploration

Technology

Supports

Community

Voice

Plan

Affirmation

Confidence

Create

Thrive

Budget

Vote