

# Power UP Your July with the Self Advocacy Power Network for All (SAPNA)



**Let's Speak Up! July 6 and July 12**

**All About Jobs! July 18 and July 25**

**All About Relationships! July 13 and July 22**

**Power Talk with ODP July 19**

All SAPNA events are scheduled for Eastern Standard Time and close captioned for those using video.



**Spread your power to friends and family!**  
Families, staff, and guests are welcome to listen and learn.



is a project of the PA  
Office of Developmental Programs (ODP),  
managed by  
Self Advocates United as 1 (SAU1).

email [info@sau1.org](mailto:info@sau1.org) phone [724 588 2378](tel:724-588-2378) [www.sau1.org](http://www.sau1.org)  
Facebook: [@SAU1PA](https://www.facebook.com/SAU1PA) Twitter: [@speakupSAU1](https://twitter.com/speakupSAU1)

## Here are our events for July!

**Wed. July 6**      **AND**      **Tue. July 12**  
**11am to 12:30pm**                      **1pm to 2:30pm**

### Let's Speak Up!

- Do you know your rights?
- Are you getting what you want and need?
- Join us to learn all about speaking up.
- Tell us ways YOU speak up!



**Mon. July 18**      **AND**      **Mon. July 25**  
**11am to 1pm**                              **11am to 1pm**

### All About Jobs!

We'll talk about:

- Your rights
- Planning to work
- Finding a job
- Keeping your job
- Workplace accommodations
- ODP funded services
- Other supports
- Work and your benefits



**Wed. July 13**      **AND**      **Fri. July 22**  
**1pm to 3pm**                              **1pm to 3pm**

### All About Relationships!

We'll talk about:

- The different kinds
- How we make them
- Healthy relationships
- Unhealthy relationships
- What abuse is
- What to do about abuse
- Ways YOU can learn more!

**Tues. July 19**      **10:30 to 11:30am**

### Power Talk with ODP!

Join us to talk about services, issues, and Covid.  
Get the answers you need  
to speak up and live your life, your way.  
Call or email us by July 7 with your questions and  
comments, and we'll share them with ODP.

### Here's how you can join the events!

For video and audio by computer or smartphone,  
get the passcode from Rita anytime before the event!  
Call [724 588 2378](tel:7245882378) or Email [power@sau1.org](mailto:power@sau1.org)  
The day of the event, go online at [sau1.me/zoom](https://sau1.me/zoom)  
then enter the passcode  
or join right from our online events calendar at  
[sau1.me/events](https://sau1.me/events) and enter the passcode.

For just audio from a smartphone  
tap [+16468769923,2233445555#](tel:+16468769923,2233445555)  
and wait to hear  
"You are in the meeting now."



For just audio on any phone, dial  
[\(646\)876-9923](tel:(646)876-9923), then meeting ID  
223 344 5555 ##



SAU1 reserves the right to remove anyone from our events who  
does not follow our ground rules as explained on each call.



SAU1 Power Coach Renee

We hope you will join us!

**Knowledge is Power! Use it!**



# Speak Up and Get Back Out in Your Community!



An ODP Zoom Town Hall Meeting

## Monday, July 11 5pm to 6pm

Join on Zoom the same way  
you do for our other events!  
(see page 3)

## The PA Office of Developmental Programs (ODP) wants to hear from YOU!

- Think about the questions on the next page.
- Talk about them with the people who support you.
- Share them with other self advocates.

### You can speak up in a few ways:

- Join the Zoom call on Monday, July 11 at 5pm.  
Email [info@sau1.org](mailto:info@sau1.org)
- Call Rita at **724 588 2378** and she will take notes.

### Use YOUR voice to speak up about getting back out into your community!



## Questions to think about:

- What things did you do, or how did you spend your day, before COVID?
- What are you NOT doing now that you were doing before?
- Why aren't you doing those things?
- If you are doing some things in the community, what information has helped you get back out there?
- If you are not doing things in the community, what is keeping you from doing those things?
- What information may help you feel more comfortable in the community?
- Who would you like to support you to think about getting back out into the community?



**KNOWLEDGE  
IS  
POWER.  
USE IT!**



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SAU1's mission is to support the self advocacy of people with disabilities for positive impact in our communities and in people's lives.

SAU1 is a PA non-profit led and staffed **by** people with disabilities, **for** people with disabilities.