



Central Region
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June was PRIDE month! This was a most special month for Fran, Pauline, and the rest of our group, to celebrate pride! We attended Pauline's presentations about sexuality, and some people went to the PRIDE brunch!

June was also Human Rights month here in Central! At our regional meetings throughout the month, we had great discussions with our DDS Area Directors. We also had a great talk with Joseph Weru, Human Rights Director on June 22nd. We talked about ways to speak up and make our lives better!

One meeting fell right on Janet's birthday, and Seth led us in a moment of silence for our friend Janet! We started the month by attending the DPPC Learning Collaborative movie, "Start by Believing", which is all about the great work of the SARU Unit. We called our legislators on some of the legislative bills. Some people attended the Arc of Opportunity's self-advocacy group in June, and we hope to join them again in July, along with a visit to Open Sky and a Seven Hills group! We also paid a visit to the

Metro Regional Group in June, where we shared ideas and John did some yoga breathing.

The Drop-In Club theme for June was Celebrate Success! We really liked appreciating one another, and we will continue this theme for July. We might even put together a regional book with all of our successes and appreciation!

Beth attended the monthly NACDD self-advocate discussion series. We will keep you tuned in to any NACDD news as well as their upcoming conference! Some of us have attended SARTAC meetings and talked about topics of interest, The Olmstead Act, “Long Road Home”, Freedom Stories, and more. We learn about a lot of great self-advocacy issues to share with our group!

Some of us continue to be busy with grant work and with trainings. We are practicing for upcoming webinars.

Some of us joined Dr. Sally’s “Who Am I” zoom meeting in June, where we gathered with friends once again. Some people also attended the Wednesday Martial Arts classes sponsored by Easter Seals. The classes are fun and they make people feel stronger! All are welcome! Deb and

Monique continued to attend the REDD meeting and transportation meetings in June!

We are so happy that summer has arrived! We hope to get together soon, and we wish everyone a happy and healthy July!