

Central Region
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With the leaves falling all around us here in Central Region, we had another fun and busy month in October!

Welcome to Amanda, another one of our new members!

Our October drop-in theme was “Halloween”, and we had fun playing games like name that tune, and Halloween jeopardy. Wow, people really know their tunes! We also continue to celebrate our success with positive thinking! November’s theme will be thankfulness, with more fun and games to come!

Some of our regional members continue planning for a leadership summit in December with other self-advocates across the state. Stay tuned for that exciting event!

Some of us continue to be busy on committees, with grant work, and with trainings. We had a great time presenting to the DDS South Valley Area Office

about self-advocacy, our stories and what we want Service Coordinators to Know. We are planning another training for Arc of Opportunity and one for Citizen Advisory Boards, which some of our members are part of.

John Mullaly continues to help our group members stay calm at meetings with yoga breathing.

Our friends in Kansas invited us to their self-advocacy conference this year. We heard about the upcoming movie “Triumph”, art therapy, and being an activist.

At the SARTAC meetings we learned about peer mentoring, legislative updates, and many more topics that we share with our regional group. We will share a fun activity with them this month!

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 October!

We are had a great October and we look forward to November!