



Self Advocates in Leadership

SAIL UPDATE

October 2016

Don't forget to get out and VOTE on November 8, 2016. Your vote does matter!! The person voted in represents you in D.C. and Olympia!!

In December we are going to have a social media training before the meeting. From 10:00-12:00 we will have a social media and S.M.A.R.T. Goals training. We will be helping people create accounts along with explaining on why these things are important for our movement

SAVE THE DATE!
**36th Annual Disabilities
Legislative Reception**
Wednesday, February 1, 2017
5:30 - 7:00 p.m.
State Capitol - Legislative Building
Columbia Room

The November 2016 meeting will include:

- ◆ Advocacy Day planning!
- ◆ Person Center Planning
- ◆ Legislative update

A Note from the Chair

October 2016

Hello SAIL Members! Looking forward to another great month. We hope everyone votes! The session and advocacy days are coming up, we hope everyone takes their ideas and turns them into actions. Winter is coming, dress warm and comfortable to the next SAIL meeting. We have some great opportunities to share about at the next meeting!

Sincerely, Eric Matthes, Chair of SAIL
Ivanova Smith, Co-Chair of SAIL

SMART GOALS

- ◆ Ivanova began the discussion on smart goals which list our goals that are specific measurable attainable relevant and time bound. By using smart goals we will be hoping to be a stronger advocacy group. We are going to create white papers or issue statements papers that tells different groups our position on a specific issue. These white papers can be targeted to different groups. We will start with the goal of deinstitutionalization.

Planning the 2017 legislative agenda

- ◆ To review our legislative agenda items are
 1. Close DD Institutions and Increase and Improve Community Supports
 2. Accessible Housing needs to be affordable and available to all people who need it.
 3. Supported Decision making should be an alternative to guardianship.
 4. Improve the Mental health system
 5. End Sub minimum Wage
 6. Maintain and improve DDA Services
 7. Increase community residential provider pay rate
- ◆ We gave Noah edits on the brochure to make.

Advocacy Day update

- ◆ Feb 1—Employment rally and legislative briefing and reception
Feb 8— Disability protections, Feb 15— Supported living rally, Feb 22— Multi-Culture Day
Mar 1— Meet your Legislator, Mar 8— How McCleary affects you Mar 15— Family services
Mar 22— Budget overview, Mar 29— Disability pride, Apr 5— Take note

Letter around coalition issues and letter around budget

- ◆ People First of Tri-Cities and SAIL also co wrote a letter explaining our position on sub minimum wage. We feel that paying people a sub minimum wage is degrading and takes away the dignity of the person. People with disabilities should be paid like everyone else because when we are paid equally we can contribute to society like everyone else.
- ◆ SAIL and People First are writing a letter to Governor Jay Inslee to explain our thoughts on the DSHS proposed budget. We are supportive of the budget items for residential service and transition services but we feel that money going into institutions should go into the community. We feel people have the right to live in the community and not in a segregated community.

Report back from People First Convention

- ◆ People had a lot of fun and learn a lot at the People First Convention. Next year's convention will be in Yakima.
- ◆ Michael Raymond got a lifetime achievement award at the 2016 People First Convention. Congrats to Michael

Get Healthy with Sandy

- ◆ Sandy talked about how eating 3 to 6 cups of vegetables is best for a healthy nutritional diet. By eating healthier items like broccoli, salad, squash or asparagus not only do you prevent diseases, you may also reverse some diseases like type two diabetes. Sandy left us today with a challenge try one new vegetable before next month's meeting. What vegetable will you try?