

THE ADVOCATOR

A quarterly newsletter for Self-Advocates

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Self Advocacy

Since we have been in our “New Normal”, people with disabilities must be more diligent about caring for and protecting themselves. We need to frequently wash our hands and be careful not to touch our faces. We should always wear a mask and gloves when we go out public. Also, be responsible and throw your gloves in the trash when you are done with them. We should be mindful of people with limited mobility, those who must come into close contact with family members or direct support staff, and people who can’t communicate that they’re sick or don’t know their sick.

In an excerpt from a Time magazine article, author Flores says the top goal right now is to avoid getting COVID-19 in the first place. For Flores, this means staying at home in Rochester, New York. However, stay-at-home orders can be uniquely complicated for people with disabilities. Medicaid allows Flores to hire a home health aide to help with daily tasks and a respite worker to take her grocery shopping or to see friends. In recent weeks, an effort to avoid infection has curtailed the outings with her respite worker, especially since the worker’s partner is employed at Target and could potentially expose them all to COVID-19. Shortages of personal protective equipment (PPE) combined with current existing workforce issues and uncertain Medicaid funding is making it increasingly difficult for Flores and those like her to stay at home. “This completely changes my access to the community”, Flores says.

I’m sure we are all experiencing some changes and challenges to our daily lives and routines during this “New Normal”. Let’s all try to stay positive, do our part to prevent the spread of COVID-19, and help others however and whenever we can.

Warm Regards,

George

Advocator Cafe



This is an election year. One of the many ways that people with disabilities can have their voices heard is to vote. By voting for your candidate you're letting your voice be heard. Voting is part of making your own choices. You did your research and found reasons why you wanted to vote for that particular candidate.

Encourage your friends with disabilities to vote. Talk about what issues you'd like to see the candidates change. Make sure to get out and vote and let your voice be heard in November! For information on how to register, visit

<https://vote.gov/register/al/>

Warm Regards,
George





Holly McDaniel was born three months prematurely and raised in Mobile, Alabama. She has always had to work much harder to overcome her multiple disabilities, which caused her mental illness. She has always enjoyed creating new artwork; first as a hobby, then later for art therapeutic release in dealing with issues in her life.

Holly attended Southeastern Louisiana University in Hammond, Louisiana. She studied under three Artists: Professors Gail Hood, Robert LaBranche, and Sarah Wiseman. She took Drawing, Painting, Printmaking, and Mixed Media Collage courses to improve her artistic techniques and skills in expressing her emotions in an abstractive, expressionistic style. The artist currently loves working in oil, acrylic, and watercolor paints/mediums and collages, experimenting with warm and cool colors in painting and drawing animals, people, and landscapes. Currently, she works at SOMI Club as an Art Instructor and Cook. She teaches several different art classes and serves delicious meals to SOMI members.

She met her husband Mr. Tom McDaniel, who also has disabilities, at the Alabama Institute of the Deaf and Blind in March of 2012. They've been happily married for 7 years and reside in Mobile. Holly is the President of People First at Mobile Volunteers of America and is a state representative for People First of Alabama. She is on the board and serves as the secretary for The ARC of Mobile County.



Upcoming Events:

Stay tuned for info on rescheduling of events that were not able to take place during the COVID-19 pandemic.

Please visit the links below for informational webinars regarding the COVID-19 pandemic.

<https://youtu.be/PD2PHORzEAs>

<https://youtu.be/2iQFJSQE5uk>

I would like to encourage all of you to send me your success stories. It can be anything from moving into your new home, starting a new job, making a trip to buy groceries, etc. Any accomplishment that goes towards being self-reliant and having inclusion in the community is acceptable. If you send me your stories, I can put them in the newsletter to share with others and help inspire them to achieve their goals.

**Warm Regards,
George**

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