

# SPEAK UP!

## SELF-ADVOCATE GROUP NEWSLETTER

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### Push Day 2017!

BY TREVOR, MARK, LENA, STACEY, CAROL AND GARY

We went to the state capitol in Topeka on May 16. We took JCDS vans. Kathy was with Sharon and they talked about different events in the van. Stacey's van had music playing. The vans stopped so passengers could get a drink.

Kathy remembered it was so hot that day. Gary thought it almost hit 100.



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Upon arrival, Gary remembered seeing the television stations. There was a rally first with speakers. Others remember the lunch on the lawn...big sandwiches and pickles.

We made cards for our legislators. They had our pictures with their names and priorities so legislators would "Remember IDD." Self advocates passed out the cards to legislators they saw on the lawn and in the capitol. Participants also added our names to a posterboard. "It's important that people know who we are," the group agreed.

## More on Push Day

### Why is Push Day important?

Gary: InterHab does this every year to make sure legislators Remember IDD.

Kathy: I'm very grateful that they let us come there every year so we can speak how we feel.

Mark: My favorite thing was the speakers.

Stacy: Push Day is important to help people out.

Carol: I just like to go.

Trevor: It's important to keep up with what's happening in Topeka.



## SACK 2017

BY DUSTIN, LENA, STEVE T. AND VICTOR

Fourteen people from JCDS attended the SACK (Self-Advocate Coalition of Kansas) conference this summer.

One attendee, Victor, traveled by bus the day before and stayed in a hotel. The rest of the attendees met at JCDS at 5 a.m.

Dustin went to a session on past memories and liked hearing about how people got started with self advocacy.

Lena learned a great deal about how to recognize if you are being abused by someone. "Talking about that was hard. But, you get through it," she said.

Other topics were training service animals, hearing about fraud from the Kansas Deputy Attorney General, and learning about the food pyramid.

Speaking of food, participants loved the chicken and cheesecake, and had fun at a dance!



Look on next page  
for more  
SACK photos

Everyone who attended SACK this year wants to go back next year!



# We have our eyes on D.C.



We like to keep an eye on what's happening in our nation's capitol that could affect us. Here are some of the issues we are following.

By: Kathy, Gary, Trevor, Ron, Chad and Jamie

## HCBS Final Settings Rule

This is a federal rule requiring states to review all Home and Community Based Settings, residential and non-residential, to make sure they are integrated into the community. The deadline for all states and providers like JCDS to comply has been delayed until March 2022.

We feel it's important to make sure people at JCDS have a choice of where to go during the day. The group agreed that if the state wants more people out in the community, that's a good thing. The group also agreed on the following statements:

Everyone wants to live in their own houses or apartments, not an institution.

Everyone thinks they should have a choice where they live.

## Thoughts on Medicaid

Over the past several months SAG has been talking about Medicaid and how changes to federal laws and budgets could affect this important funding.

We have these concerns and questions:

We are concerned about the decisions in Washington that affect us.

How is the government going to come up with the money for these changes?

Who will pay for services if Medicaid is cut?

Are they thinking about how senior citizens are going to be affected?

Will we have enough money in retirement?