



# Power UP Your January with the Self Advocacy Power Network for All (SAPNA)

## New Power Events for a New Year!

**All about Waiver Changes!**  
Powers up January 7!

**All about Jobs!**  
Powers up January 14!

**All about Relationships!**  
Powers up January 21!



Spread your power to friends and family!  
Share this flyer with people you trust.  
Families, staff, and guests are welcome  
to listen and learn.

SAU1 reserves the right to remove anyone from our events who does not follow our ground rules as explained on each call.



is a project of the  
PA Office of Developmental Programs,  
managed by  
Self Advocates United as 1 (SAU1)

email [info@sau1.org](mailto:info@sau1.org) phone [724 588 2378](tel:724-588-2378) [www.sau1.org](http://www.sau1.org)  
Facebook: [@SAU1PA](https://www.facebook.com/SAU1PA) Twitter: [@speakupSAU1](https://twitter.com/speakupSAU1)

For video and audio by computer or smartphone, get the passcode from Rita anytime before the event! Call [724 588 2378](tel:7245882378) or Email [power@sau1.org](mailto:power@sau1.org) The day of the event, go online at [sau1.me/zoom](https://sau1.me/zoom) then enter the passcode or join right from our online events calendar at [sau1.me/events](https://sau1.me/events) and enter the passcode.



SAU1 board treasurer, Mike, wears his mask at the store.

For just audio on any phone, dial [\(646\) 876 9923](tel:6468769923), then meeting ID 223 344 5555 ##

For just audio from a smartphone tap [+16468769923,,2233445555#](tel:+16468769923,+2233445555) and wait to hear "You are in the meeting now."

**Fri. Jan. 7 1 to 3pm**

**All about Changes to Waivers!**

A **SAPNA** Knowledge is Power Event

Do you get services like staff, supports coordinator, job coaching, group home or community living, or others? Join us to hear about changes to services from ODP.

**Fri. Jan. 14 Pick one or both times!**

**10am to Noon or 1 to 3 pm**

**All About Jobs!**

A **SAPNA** Knowledge is Power Event

We'll learn about:

- Your rights
- Planning to work
- How to find a job
- ODP funded services
- Other supports
- Work and your benefits

**Tues. Jan. 18 10:30 to 11:30 am**

**Power Talk with ODP!**

A **SAPNA** Knowledge is Power Event

Join us to talk about services, issues, and Covid. Get the answers you need to speak up and live your life, your way. Call or email us by Jan. 6 with your questions and comments, and we'll share them with ODP.



Members of SAU1's Power Board and Staff take a break from the Fall 2019 board meeting with fingers raised to show they are united as 1.

**Fri. Jan. 21 Pick one or both times!**

**10am to Noon or 1 to 3 pm**

**All about Relationships!**

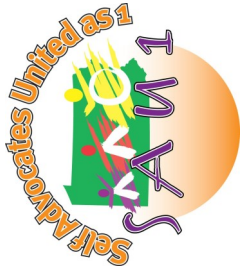
A **SAPNA** Knowledge is Power Event

We'll learn about:

- The different kinds
- How we make them
- Healthy relationships
- Unhealthy relationships
- What abuse is
- What to do about abuse
- Ways YOU can learn more!

All SAPNA events are scheduled for eastern standard time and close captioned for those using video.

SAU1  
428 S. Main Street  
Suite 3  
Greenville, PA 16125



SAU1's mission is to support the self advocacy of people with disabilities for positive impact in our communities and in people's lives.

SAU1 is a PA non-profit led and staffed **by** people with disabilities, **for** people with disabilities.