

DSDC APRIL 2022



Who is a Self-Advocate?

- Someone who says what they think and feel
- Someone who speaks-up for things they believe in
- Someone who knows and understands their rights and responsibilities

you need or want it, it just means that you are making the choices and you have to be responsible for the choices you make.

There are many places that you might want to speak-up for yourself or ask for what you want such as:

At home, At work, At the hospital, At the doctor, at stores or on the bus/van, or in the community.

If you are not happy with the way something is done then it is up to you to help change it.

Nobody else knows how you feel or what you think- YOU need to tell people if you are not happy or you want something to change.



People First Dickson County
People First!



APRIL BIRTHDAYS

Employee	Birth date
ROGERS, AMY L.	04/01
STRECK, RICHARD E.	04/11
BUTCHER GREEN, DONNA R.	04/12
RODGERS, TAMI J.	04/12
REDDEN, DONALD W.	04/13
BROWN, SHAWNA R.	04/18
RAYMER, KATHERINE R.	04/21
JOHNSON, STACIA R.	04/21
Bell, Robbin D.	04/22
BOSSMAN, DONITA L.	04/22
TRIGGS, ERICA L.	04/29

April Anniversaries

First Name	Last Name	Tenure
BONNIE	RIOS	15 Years
STEPHEN	PULLEY	4 Years
AMY	WILCOX	4 Years
LEONA	BRYANT	1 Year
TRACIE	SIMMONS	25 Years
JULIE	FERRELL	14 Years
JAMIE	WAGNER	14 Years
TRISTA	GARTON	12 Years
CANDICE	COMPTON	10 years
ANITA	SPICER	8 Years
MARY	ANDERSON	4 Years
David	BROWN	3 Years

April is Autism Awareness Month



Nest Egg Dessert

5 cups rice cereal
4 cups marshmallows
2 teaspoons vanilla
1/4 cup of coconut oil

Grease a 12-cup muffin tray and set aside.

Place the marshmallows in a large microwave-safe bowl and heat for 25-30 seconds. Stir well, and repeat heating as needed. Add the melted coconut oil and vanilla extract to the marshmallows and stir well to incorporate. Add the rice cereal cup at a time, gently folding it into the marshmallow mixture, until all of the cereal is incorporated. Scoop heaping 1/4 cup portions of the rice Krispie treats into the prepared muffin tray.

Wet your hands and press into a cup or tart-shape.

Place in the fridge for 2 hours or overnight to set.

Spring Into Movement!

Springtime is a wonderful time for us to get up and to get moving about! Since we have been starting to get out during the day more, now is a great time for us to be getting out more in the community, enjoy our long term friends and making some new friends! Activities such as "Dream with Me" has started in-person at the Bibb Center in White Bluff. We meet every Wednesday at the Bibb Center. Be on the look-out for emails about events and activities with People First and other Local Volunteer Activities too!

Try something new this Spring. Enjoy a healthy meal with Friends or grill-out! Look up a new recipe and invite a friend over to try it with you! Take a long stroll and enjoy the sunshine. Find a new activity you haven't tried yet this year, play horsehoes, washers or any outdoor game in your yard.

Make it a point to make a new friend. Introduce yourself to someone new in the community when you go out. Go exploring new places, look for events to do in your community, try listening to a new band, try a new restaurant, join a club!



People First Dickson Chapter



Welcome to our Dickson County Chapter People First!

We are so excited to announce who is running for office! Chad McGee is running for Treasurer, Sarah Phillips is running for the position of Secretary. Both Lisa Gail Newby and Mary are running for President!

This is YOUR PEOPLE FIRST!

We want everyone we support to participate! You make a difference in your community, you have peer supports and mentors to assist you in advocating for yourself!

We plan several events through the year for our community and also for those we support.

Vote, Vote, Vote!

We will be having the elections both electronically and in-person!

Your vote is totally confidential and you will have the opportunity to cast your vote!

We will be sending out voting location and time along with emailing you to cast your vote if you cannot come in-person.



Name: _____ Date: _____

Self Advocacy

O R P G S M Y M X K C W C W L W K W A F C S N T
N D J D Y L I M A F O D W H W E G R W C I C O U
C O C U S F V E M L O A W P D R E S P E C T V M
L H L K M U G U Y J S B W U O G L M D C A M Q K
Z O K I G N V U U P N E C P N C I G T P Q A V M
Q Y C R A P V D W K E A L H E T B K G K E V L B
N I C D A M T Z I Y T A C F H H U N D N L Q K Y
U T F E C P T K L E N F P A A T K K C L Y U F G
C W F I L L Z L Y S R Q B F E D R H J Z K L G D
H Z T K V G S B V T R O U T F S V I I M M W J B
L V Z H U Q S Q V J V L O K W N O O X L T C H R
B Z B K Z V K P P X S V P Z O S O Z C M T F D N
W S H H L R S W M E F D M M Q X B M K A S I A J
E Z N J I N L M N X T P N E R Q S S A Q T J R J
K B A F N O O B J I U S N E S V Z X F E D E Z D
R N T E D S C J R O D S Z G I G K A B R R B J I
D H S L E W T H E T J R O I U R I D O Q R D I S
K B S H P E W H O Q Y N Q J Q J F M O J E K M A
J Z L R E R K I G I U X Z M R B W J X Q W J R B
X A U R N X A L C I C Q J E C U L R O K O Q W I
S S C U D O V I O Q R E Q X Y R T L S V P M M L
L F C X E X E H K J L T H S C Y I Y Y D M E Q I
W X G F N S O N W C Z J B F S L D X D P E J K T
Z G D E T J V Y R N V L T W Y A K Y C X W M X Y

Friends	Family	Fun
Independent	Choice	Disability
Dream	Rights	Vote
Respect	Empower	Educate
Self Advocate		

What is Self-Advocacy?

- Self-advocacy refers to an individual's ability to effectively communicate, convey, negotiate or assert his or her own interests, desires, needs, and rights
- It involves making informed decisions and taking responsibility for those decisions

