

Join SAU1 to Power Your Life this winter with Fire Up Fridays



**A non profit BY people with disabilities
FOR people with disabilities.**

December Virtual Events

Speak Up! Dec. 6 10 am

Your Vision for YOUR Everyday Life Dec. 13 10 am

Power Talk with ODP! Dec. 20 10 am



[724 588 2378](tel:7245882378)



sau1.me/facebook



sau1.org



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info@sau1.org



sau1.me/linkedin



[984 Water St.](#)
[PO Box 297](#)



sau1.me/invest

[Meadville, PA 16335](#)

How to Join:

For video and audio by computer or smartphone, get the passcode from Carla anytime before the event! Call [724 588 2378](tel:7245882378) or Email power@sau1.org.

The day of the event, go online at sau1.me/zoom then enter the passcode or join right from our online events calendar at sau1.me/events and enter the passcode.

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

For just audio from any phone: dial 646 876 9923, then meeting ID: 223 344 5555 ##

Tell us what you need!

Would something help you be part of our events, like sign language, braille, CART, or large print?

Let Carla know two weeks before the event and we'll make it happen!

Call or text Carla at [814 201 6061](tel:8142016061) or email at carla@sau1.org.

Share your Power!

Invite your friends, family, staff, allies, and other guests!

All are welcome to listen and learn.

Keep an eye out for events in your area:

go to sau1.me/events for the latest news on our local Power Events.

Power the Power of SAU1

At the end of every peer-to-peer empowerment event, our guests join us to shout our motto: "KNOWLEDGE IS POWER...USE IT!"

We work every day to change the world that has left people with disabilities powerless for too long.

Join us!

Invest in the Power of SAU1 with your donation at sau1.me/invest.

You can also invest by sharing this information with everyone you know!

Speak Up!

Fri. Dec. 6, 10 to 11:30am

- Did you know that our world changes when people speak up?
- Do you know your rights? Are you getting what you want and need?
- Do you want to change your community?

Join us to learn all about speaking up. Tell us ways YOU speak up!

Your Vision for YOUR Everyday Life!

Fri. Dec. 13, 10 to 11:30am

- What do you want and need in your life?
- How can you get what you want and need?
- What can help you get what you want and need?

Join us to work on your vision of your life, so you get the life you want!

Power Talk with ODP!

Fri. Dec. 20, 10am to 12pm

Join us for our monthly chat with staff from the PA Office of Development Programs (ODP), the government office that oversees and funds those supports and services. People with ID/A can speak up with ODP staff and others are welcome to listen and learn.

Special guests from the ODP Julie Machon and Katie-Marie Wilson, will help us learn more about Performance Based Contracting and answer questions.

What questions or concerns do you have about Performance Based Contracting?

Please send them to christine@sau1.org by Dec. 13 to be talked about in the December call.

We will review the questions we sent to ODP before the ODP staff joins us at 10:30 to talk with us.

After the ODP staff leave, you can stay to talk about what we heard, and offer new questions to send to ODP for next month.

Save these Dates in 2025

for the rest of our

Fire Up Fridays!

All About Our Wellness Fri. Jan. 3 10 to 11:30am

Power Talk with ODP! Fri. Jan. 10 10am to 12pm

All About Your Life: Choice and Control Fri. Jan. 24 10 to 11:30am

All About Jobs Fri. Jan. 31 10 to 11:30am

All About Relationships Fri. Feb. 7 10 to 11:30am

Power Talk with ODP! Fri. Feb. 14 10am to 12pm

All About Rights Part 1 Fri. Feb. 21 10 to 11:30am

All About Rights Part 2 Fri. Feb. 28 10 to 11:30am

Let's Fire Up to Power Up!

We Started A Podcast!

Self Advocation Power Hour, is hosted by Ed Auerbeck.

Ed and our guests share stories that inspire and empower, talk about personal advocacy journeys and important topics like voting and getting involved in your community.

Why Should You Listen?

- **Learn and Grow:** There's something for everyone to learn.
- **Be Inspired:** Hear powerful stories of advocacy and change.
- **Join the Community:** Be part of a bigger conversation about disability rights and empowerment.

How to Listen: You can find our podcast on [Spotify](#), [Apple Podcasts](#), or directly on our [website](#).

So, tune in, subscribe, get inspired, and let's keep advocating for a more inclusive world together!