

# Self Advocacy Speakout

JULY 2020

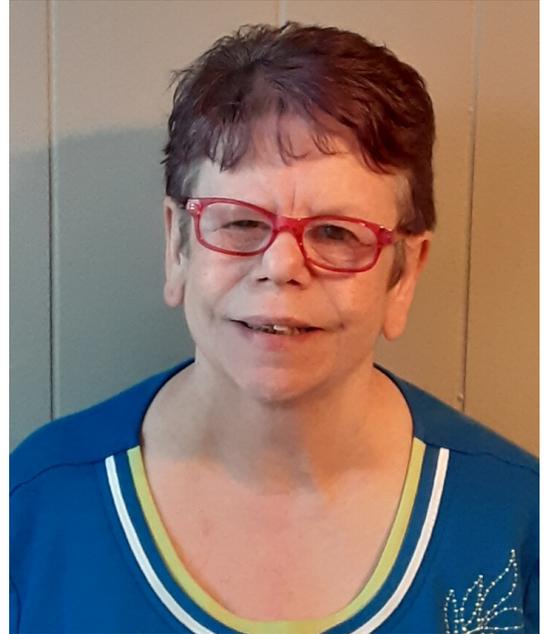
## WEARING A MASK IN PUBLIC

by Pam Dennison

Before the virus, I enjoyed going out shopping in stores. Now that looks a little different. Because of coronavirus, I now have to wear a mask when I go out to stores. I have a blue disposable mask that I wear, but I also have a Pittsburgh Steelers mask that can be washed. My provider gave me the Steelers mask because I am a fan. I also wear it if I go to the doctors.

The people who wait on me at the stores are wearing masks and some other shoppers are too.

It's kind of scary to see other people walking around with masks and to know that I am too, but I know it's safer to wear them so we don't get or spread the virus. I think it is dangerous for other people who don't wear them. I will be happy when the virus is over and I don't have to wear a mask anymore.



## LIVING WITH OUR NEW NORMAL

by Anja Calior

It is very hard staying apart from one another, especially our loved ones, but I know that it's just to keep us safe. We just didn't realize how nice it was for us before the coronavirus outbreak. Now, we have to do things a little differently than before. I have been holded up in my room, as usual, but even if I wanted to go to the movies or out to eat somewhere or do something, I couldn't, and that makes me very sad.

I'm dealing with this the best way I know how, which is all we can do. I hope that it's over soon. I'm even worried about going back to work, because until they find a cure, I may get sick. This virus is claiming many lives and we still don't know how to combat it, which is scary. Hopefully they will find a cure and this will all be over soon.

## MY QUARANTINE EXPERIENCE

by Laura Stark

My experience with quarantine was hard and very long, but I kept myself occupied. I practiced my ukulele. I only know chords for now, but I'm learning songs. I'm also trying to draw almost everyday and journal. I was just so proud of myself and for being so tolerant. I couldn't believe that I was so patient during all of this craziness. Before the quarantine I wasn't so good at being patient so the stay at home order really was the perfect opportunity to practice.

I also turned 21 on my birthday in March while we were still stuck at home. It was a lot of fun. All of my family members sent me messages or a video to wish me a happy birthday. They're just all so amazing and it made me so happy! Yes, it was difficult not being able to go out and have a drink or celebrate for my birthday. But I got to spend time with the people I love and that's what counts in the end!



## UNEMPLOYMENT AND WHAT I'VE BEEN DOING TO STAY BUSY DURING THE PANDEMIC

by Justin Galloway

My name is Justin Galloway and I'm a 27 year old man. I am a Clerical Assistant for Accessible Homes in Austintown, but with the current COVID-19 situation I'm currently unemployed. I am lucky that I can still get my Social Security while I'm not working.

Since the pandemic started and the Governor told everyone to stay at home, I've been doing more chores around the house. I clean my room, the bathroom, and do the dishes daily. I have attended some Zoom meeting with Project Stir, Christopher Milo, and some others. I listen to jazz music a lot. My favorite artists are Boney James, Norman Brown, and Incognito.

