

Agenda for Building Bridges

June 21, 2016

Introductions

Goals

- Transportation: Transportation challenges that each person experiences
- Training: Sharing Mass Regional, Government Affairs & CAB Information to ALL people interested
- Writing articles to be shared in The Arc and Advocacy News
- Legislative Involvement
- Representatives sharing advocacy and information in program

Discussion

- What should we be working on for Goals for the fall?
- Mass Regional has voted for transportation and Inclusion as two primary goals for this year. I would like to suggest Employment support be added to our goals. What does the group think?
- Leg. Update

Legislative Breakfast: June 28th 8 - 10 am at Point Breeze;

Please come, thank your legislators for the work they have done for all of us.

“Extend an attitude of gratitude”

Employment support, Inclusion and Transportation are the three big issues that we might want to focus on for the upcoming year

- Human Rights Forum is postponed until September.
- Central West asked for votes to decide what is important to you: May we vote now to see what this group feels is important?

Communication

Privacy

Friendship/relationship

Freedom to go where you want

Inclusion- to be part of your community

- Rev Up on 5/18 – Voting forum was presented and well attended
- State House Visit: Second Wednesday of each month. This is an educational opportunity offered by Legislators to the public. It briefs people on the State House and shares some of the history.
- Self Advocates from Mass Regional Attended and spoke with Legislators at the Legislative Forum on May 14th
- Many of the Self Advocates presented as ANGRY-rather than asking Legislators for support. Would people like to do some role playing regarding interacting with Legislators?

Story of the boy and the fence: There was a wise old man that was raising his grandchild, the boy was angry and said hurtful things. Every time the boy presented with anger, the wise old man would send the boy out to the fence in the yard with a hammer and nail. “Hammer a nail

into the fence every time you feel angry”, said the wise old man. For days and weeks and months and years, the child grew. His anger softened and he began to feel sorry for the anger he stored inside. The boy went to the wise old man and said, “I have learned to calm myself when I hammered a nail in the fence, but I feel badly that I said some angry things.” The wise old man told the boy, “go to the fence and with every apology you share, remove a nail from the fence.” The boy carried his hammer and removed nails quickly, as he had discovered that he felt happier with each memory changed into an apology or a good deed. After some time the boy (now a young man) said to the wise old man, “For years I struggled to explain how things made me angry, but now I understand how good deeds, kind thoughts and apologies can make me feel so much better.” The wise old man asked the young man to walk with him, when they got to the fence, the wise old man asked the young man, “What do you see when you look closely at the fence?” The young man studied the fence and saw scrapes and holes from where the nails had been pulled out of the aging fence. The wise old man said to the young man, “Words spoken out of anger may be apologized for, same as a nail taken from the fence, but if you look closely, you will see that the damage is there. The holes in the fence will continue to be there.”

The lesson of this story is that when speaking to others, always be mindful of your fence. Use words that heal and help not words of anger.

Other News: [Enjoy a safe and wonderful summer.](#)