

Employment First & Advocacy Newsletter



Questions about employment or advocacy? Contact Tammy Smith, Employment & Advocacy Coordinator

419-221-1385, ext. 2869 | 567-371-5233 | tsmith@acbdd.org | www.acbdd.org

ATTITUDE OF GRATITUDE

Gratitude:

the quality of being thankful; readiness to show appreciation for and to return kindness. (Oxford dictionary)

Having an attitude of gratitude can help you to reach your goals and have a positive outlook on your path to employment. November is also a wonderful time to help us focus on positives in our life.

It is easy to get stuck on things that we cannot do if we are discouraged. To change your focus, make a list to remind yourself of things you can do:

I can:

How can you use these skills to find a job or be better at your current job?

Focus on the positives...

What progress did you make on your outcome in your OhioISP this year?

Think about the people and places that have helped you reach your goals this past year. Who are you thankful for?

I am thankful for:

Keep the cheerful outlook going into 2026...What is one thing you will start doing to reach your goals?

Remember to share your ideas with your SSA and ISP team so you can live the life you want.

Advocacy minute:

Who is someone who encourages you?

Take time to thank them for helping you with a note, text, or phone call.

Who is someone you can encourage?

Let them know what you admire about them. Encourage them to attend an Allen County People First meeting. The Just Do It Crew self-advocacy 2026 meeting dates are included in this newsletter.

Stay tuned for a way to recognize those who advocate for themselves and others. More details to come in the December Newsletter!



Just Do It Crew is a chapter of:



You are invited to join us for a self-advocacy meeting!

What is self – advocacy?

- *Speaking up for yourself*
- *Asking for what you need*
- *Negotiating for yourself*
- *Knowing your rights and responsibilities*
- *Using resources to better your life*

WHERE: Westgate Entertainment Center in the meeting room

TIME: 6:00 pm-7:30pm

WHEN:

JANUARY 15, 2026

FEBRUARY 19, 2026

MARCH 19, 2026

APRIL 16, 2026

MAY 21, 2026

JUNE 18, 2026

JULY 16, 2026

AUGUST 20, 2026

SEPTEMBER 17, 2026

OCTOBER 15, 2026

NOVEMBER 19, 2026

DECEMBER 17, 2026

Questions?

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Office: 419-221-1385 ext. 2869

Work cell: 567-371-5233 (call or text)

Email: tsmith@acbdd.org