

# I Linå'lå-ta OUR LIFE



**SiñA**  
Self-Advocates in Action

July 18, 2016 • Vol. 10, Issue 1

## I Linå'lå-ta Celebrates 10th Birthday with Transition



2016 marks the 10 year anniversary of I Linå'lå-ta "Our Life" newsletter. To commemorate this milestone, Guam CEDDERS met with Lynn and Andrew Tydingco to discuss the process of passing the torch of producing the newsletter to Self-Advocates in Action (SiñA). Attending the meeting were (L-R, clockwise) Andrew Tydingco, SiñA President; Sherry Guerrero, Guam CEDDERS; Lynn Tydingco, SiñA Vice President; and Terrie Fejarang, Guam CEDDERS.

***I Linå'lå-ta* is TEN YEARS OLD! How quickly time flies!** It's hard to believe that this publication has been around for a decade. This quarterly newsletter was born through the collaborative efforts of what we call the "Tri-Agency" comprised of Guam Legal Services Corporation - Disability Law Center (GLSC), the Guam Developmental Disabilities Council (GDDC), and the University of Guam Center for Excellence in Developmental Disabilities Education, Research, and Service (Guam CEDDERS). These three agencies are related as they are funded through the Developmental Disabilities Assistance and Bill of Rights Act of 2000 (DD Act).

Through the years, *I Linå'lå-ta* has included articles and photos on activities sponsored by the Tri-Agency organizations and other disability-related groups. Many of the articles were written by people with disabilities

or family members. Several self advocates were regular contributors for a period of time, writing about events or on disabilities-related themes, challenges, and accomplishments. Some shared their poetry.

This past year, the Tri-Agency decided that after ten years of taking the lead in producing *I Linå'lå-ta*, why not transition this role to a self-advocacy organization?

Lynn Tydingco, the past-president of SiñA, Self-Advocates in Action, and Andrew Tydingco, current president of SiñA, were approached with the proposition. They were excited about the possibility and took it to their membership, which enthusiastically voted to accept the opportunity, responsibility, and challenge.

Congratulations and best wishes to SiñA for taking the lead in the production of *I Linå'lå-ta*.

# PEP Hosts Sibshop Workshop

By Leone Rohr



Participants of the first Sibshop Workshop, facilitated by PEP, ham it up for the camera.



Sibshop participants engage in a series of activities lead by workshop facilitators.

**Over the years, Guam's number of children identified as having special needs has developed at a greater rate.** In turn, the Parents Empowering Parents (PEP) Disability Center has seen the number of parents seeking support services for themselves and their children expand exponentially.

As these numbers have grown, it has become increasingly apparent that a child's special needs affects more than merely the child and his or her parents. However, in most cases, the word "family" continues to exclusively describe these demographics. Still largely excluded are other family members, and more particularly, siblings.

PEP's Sibshops Guam seeks to provide siblings of children with special needs with opportunities for peer support and education. These goals are intended to provide siblings of children with special needs with the opportunities to:

- Meet other siblings in a relaxed, recreational setting
- Discuss common joys and concerns with other siblings
- Learn how others handle situations commonly experienced by siblings of children with special needs
- Learn more about the implications of their brothers' and sisters' special needs
- And to provide parents and service providers with an opportunity to learn more about the common concerns of siblings of children with special needs

The Parents Empowering Parents Disability Center is currently working to meet the needs of siblings of children with special needs. We currently have two certified Sibshop facilitators that were trained in Bellevue, WA and are currently accepting applicants for our first round of Sibshops that began in June 2016 and will run through March 2017.

For more information on Sibshop, call 685-7371 (PEP1).





## Workshops for Siblings of Children with Special Needs

### WHAT IS IT?

Sibshops are best described as opportunities for brothers and sisters of children with special health and developmental needs to obtain peer support and education within a fun, recreational setting. Sibshops seek to provide siblings aged 8-12 years old with:

- A lively, recreational context
- The promotion of the well-being of siblings
- A chance to meet other siblings in a relaxed setting
- A chance to learn how other siblings handle situations
- An opportunity to learn more about special needs

### AN ONGOING SERIES OF WORKSHOPS

**\$30 registration per participant per session**

August 2016  
October 2016  
January 2017  
March 2017

### HOW TO PARTICIPATE

- All participants must register in advance
- Registration is \$30 per participant per Sibshop date
- Registration fees are collected by PEP to cover expenses for:  
Sibshop t-shirts, craft supplies, facilitator and volunteer stipends, & meals for follow-up sessions
- Participants accepted on a first come, first serve basis

### CONTACT PEP NOW!

**PHONE:** (671) 685-7371 (PEP1)  
**EMAIL:** peptrainingworks@gmail.com

**WEB:** [PEPTalkDisabilities.com](http://PEPTalkDisabilities.com)  
**FACEBOOK:** PEP Talk Disabilities

*Collaborative partnership with*





# Emergency On-Line Registry for People with Special Needs

This registry for persons with special needs will assist first responders such as police, fire fighters, paramedics, or emergency medical technicians, to interact appropriately and effectively respond in the event of an emergency.

**To obtain and/or submit an application, please contact the Department of Integrated Services for Individuals with Disabilities (DISID) office at 475-4646 or visit [www.guamcedders.org](http://www.guamcedders.org).**

## ATTENTION:

Hours of Operation for Guam System for Assistive Technology (GSAT) has changed. New schedule is as follows:

### HOURS OF OPERATION:

**OPEN: Tuesday, Wednesday, Thursday,  
8am-12pm / 1pm-5pm**

**CLOSED: Weekends, Mondays, & Fridays.**

For more information, please call 735-2490,  
or visit our website at [www.gsatcedders.org](http://www.gsatcedders.org).



# Lou Mesa, Autism Community Together (ACT) New President

By Lynn Tydingco



The Mesa Family. Pictured from left to right: Brian Mesa, Nicole Gutierrez, Clinton Mesa, Chris and Lou Mesa.

## Lourdes Ann G. Mesa is the newly elected President of ACT: Autism Community Together.

Lou has a Masters Degree in Education. She retired after thirty years of teaching at the following schools: JQ San Miguel and Chalan Pago-Ordot Elementary Schools, and at Agueda Johnston Middle School.

Lou is active in the disability arena:

- ACT: Autism Community Together Past Vice President and Board Member
- SinA: Self-Advocates in Action: Associate Member
- GSAT Advisory Council: Member-At-Large, Past Chair, Past Vice Chair, and Past Secretary
- Guam State Rehabilitation Council Past Chair, Past Vice Chair, and Past Secretary
- San Juan Parish Council and Finance President

Lou's involvement in the disability arena and journey to advocacy began in 2002 when her younger son Clinton was diagnosed with an autism spectrum disorder. Lou wanted to learn all about her son's disability and how to help him.

Lou began her search for organizations and support groups within the community, in 2004 Lou connected



with the newly formed support group of parents with children on the autism spectrum, ACT: Autism Community Together.

Lou's goal is to remain active within the community advocating for a better quality of life for individuals with disabilities especially for those with developmental disabilities.

"As a parent of an adult son with a disability, I want to continue in providing assistance and support to other parents who are going through similar situations".

Congratulations to you Lou!

ACT: Autism Community Together: (671) 687-1284 or email: [autismcommunityguam@gmail.com](mailto:autismcommunityguam@gmail.com)



# INTRODUCTION TO **MICROCREDIT** FOR INDIVIDUALS WITH DISABILITIES

## WHEN

August 3<sup>rd</sup>, 2016 (Wed.)  
9am – 12pm

## WHERE

UOG Leon Guerrero SBPA Bldg.  
Rm# 148, First Floor

This workshop will be the first of 12 workshops that will work towards completing your business plan to become eligible to receive a Pacific Islands Microcredit Institute (PIMI) microloan. In this first FREE seminar for individuals with disabilities, we will explain the concept of microcredit – how and why it works. If you need to borrow from \$100 up to \$1,000 to start a micro business that will provide extra money for you and the family, then this is where you start. We briefly discuss the training required in personal finance, and business planning development. And we explain the keys to success of a micro credit institution: training, revolving loans, mentoring and savings. This program is made available to Low and Moderate Income individuals and supported by: Bank of Guam, USDA RD, Guam SBDC and other community partners. There is a maximum of 16 participants, so sign up early.

### To Register:

log onto <http://pisbdcn.ecenterdirect.com>

For more information, contact the Guam SBDC at 735-2590

**DISCLAIMER:** The Pacific Islands SBDC Network is funded in part through a cooperative agreement with the U.S. Small Business Administration. All opinions, conclusions or recommendations expressed are those of the author(s) and do not necessarily reflect the views of the SBA. Requests for reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance. For arrangements, please contact Nicole Tesiro, P.O. Box 5014 Mangilao, Guam 96923, Tel: (671)735-2590, or Email [nicole@pacificsbdc.com](mailto:nicole@pacificsbdc.com). Services are extended to the public on a non-discriminatory basis.

## FREE OF CHARGE

## REGISTRATION REQUIRED

Registration Deadline:  
August 2<sup>nd</sup>, 2016  
12:00noon (Tuesday)

## SPONSORED BY



Supported by  
Bank of Guam and  
University of Guam

# SiñA's 2016 Election

By Lynn Tydingco



Andrew Tydingco, SiñA President, and Lynn Tydingco, SiñA Vice President.

Self-Advocates in Action Guam is a nonprofit 501c3 organization of persons with ALL types of disabilities, their families, and Associate Members who support their mission to educate and promote

Self-Advocacy and Self-determination to achieve independence, integration, and full inclusion into society.

Elections were recently held for the offices of President and Vice President. New President Andrew Tydingco served as a two term Vice President and New Vice President Lynn Tydingco served as a two term President.

Andrew and Lynn have been proactive in leading the Self-Advocacy and Self-determination movement on Guam, the Commonwealth of the Northern Marianas, and the National level.

In January 2017 elections will be held for the other Board Members:

**Secretary:** Lisa Ogo

**Members-at-Large:** Stephen Madarang, Roy Rosario, Jessica Manglona

"Nothing about us, without us"

CELEBRATING 26 YEARS

See the next issue of  
I Linå'lå-ta for  
ADA-related articles.

**SiñA**  
Self-Advocates in Action

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Comments may be sent to:

Andrew Tydingco, SiñA President

Email: pokilabot@gmail.com

sinaguam@gmail.com

Phone: (671) 929-9990 / (671) 488-1430

Co-Editors: Andrew Tydingco and Erlinda Tydingco  
Layout & Design: Sherry Guerrero

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# New Possibilities

- *Low interest loans*
- *Flexible payments*
- *Cash to purchase:*
  - *Assistive technology devices and services*
  - *Home modifications*
  - *Equipment, inventory, and supplies for your business*



**AKUDI**  
WE EXIST TO ASSIST



**Guam System for Assistive Technology (GSAT) at 735-2490/1**  
**To obtain an application visit: [www.gsatcedders.org](http://www.gsatcedders.org).**

Note: The Assistive Technology Loan Programs were rebranded in April 2016  
and are now referred to as "The Akudi Loan Program"