

# Having Our Say

*The newsletter of SaySo, Strong Able Youth Speaking Out*

Volume 10 Number 4

## Become a Member!

If you are interested in joining **SaySo**, let us know! E-mail or write us with the following information: your name, birth date, and address (including e-mail), region and the kind of out-of-home placement you are or have been in.

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Executive Director: Nancy Carter

## Board of Directors:

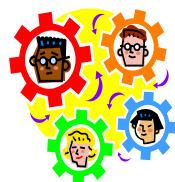
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## SaySo Orientation 2009

From June 23<sup>rd</sup> to June 25<sup>th</sup>, the new SaySo Board of Directors met to plan for the year ahead. It was full of fun, team building, planning for the new year, and the emergence of a unified SaySo BOD with a goal of bettering Foster Care in North Carolina. There are plans to create many more Local Chapters around the state and to participate in "Make a Difference Day" with our suitcase project. This is a lot planned for this year, so stay tuned!



## Registration for the Summer LINK Up Conference



***St. Luke's Methodist Church  
Hickory, Tuesday, August 4<sup>th</sup>***

Free! Prizes and lunch provided!



Registration forms are provided online at [www.saysoinc.org](http://www.saysoinc.org). You can fax the registration form to 919-384-0338 or email your registration form to [sayso@ilrinc.com](mailto:sayso@ilrinc.com)

- Meet new friends
- Learn about paying for more education after high school
- Explore diversity and your own uniqueness.
- Learn skills to help keep yourself emotionally and physically healthy
- Get in touch with what you can do now to be more self-sufficient
- Work as a team with others to complete life skill games

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## TOP TEN – Eat On The Cheap



10. Value Menu at Local Drive Thru
9. Burritos
8. Oatmeal
7. Spaghetti
6. Soup
5. Sandwiches
4. Easy Mac
3. Home Made Pizza
2. Quesadilla
1. Ramen



### HELP SAYSO!!!

Go to our website and click the **Food Lion Share** program. Enter your name and FULL MVP# (including the little numbers on each end). SaySo gets a percentage each quarter.

### THANKS!!!

We'll love your **forever!!!**

## How Important Is Your SaySo Membership Card?

How important do you think your SaySo Membership Card is? How important do you think it is to carry with you or in your wallet?

We got a call the other day. This call started out with the normal “Good afternoon, Independent Living Resources.” However, the woman caller asked to speak to someone who did not work here. She confirmed that her intent was to call SaySo. However, she wanted to speak to one of our members. I asked what the call was about, and she told me she found a woman’s wallet in the Mall of America in Minnesota. The only contact information in the wallet was this woman’s SaySo Membership Card. This woman was the Mall Manager.

After looking through our database of SaySo Members, we were able to locate our information on this particular SaySo Member by contacting their social worker. The Mall Manager at Mall of America is sending her wallet and its contents to our member.

Pretty awesome, huh? We thought so too.



## Make a Difference Day 2009

SaySo is hosting Make A Difference Day project all over the state!

**The last time SaySo collected suitcases for Make A Difference Day was in 2004. It was a huge success with over 32 organizations statewide supporting this project! So this year the SaySo BOD included the MADD Suitcase Project to this year’s agenda.**

Kick-Off for MADD begins August 1<sup>st</sup> and the day itself is October 24<sup>th</sup>. Anyone who needs/wants a suitcase should email [sayso@ilrinc.com](mailto:sayso@ilrinc.com) with their name, address, and phone number.

We'll have more information at the LINK Up conference and on our website. Packets of information on how to set up a suitcase collection site will also be available to ANY interested organization interest. All local chapters will receive this organizational packet and will be asked to coordinate a local collection on or around October 24.

Please contact SaySo Executive Director, Nancy Carter if you would like more information [sayso@ilrinc.com](mailto:sayso@ilrinc.com) 1-800-820-0001