

Having Our Say

The newsletter of SaySo, Strong Able Youth Speaking Out

Volume 11 Number 5 (9/10)

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.

Contact Information

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Upcoming Events:

November 2010:

**"It's My Transition"
in Yancey County**

January 2011:

**"Link Up" Conference
in Wilson County**

More information soon!

Make A Difference Day!!!

Bring your Duffle Bags & Donation to:

Emily K Center
904 W. Chapel Hill St.
Durham NC 27701
www.emilyk.org

10AM-3PM Saturday, October 23, 2010

SaySo is proud to participate again in "Make a Difference Day". We will be collecting duffle bags (or suitcases) for young people in foster care. We will be hosting a mentoring day of service with Phi Beta Sigma in Durham - please contact Lauren if you plan on attending the Durham MADD event. If you would like to host your own MADD event in your county & need materials, please email us at sayso@ilrinc.com. Thank you SaySo for giving back to others & Making A Difference!!!

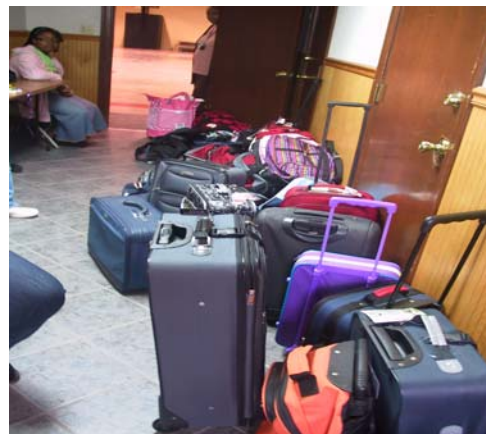
If you would like to host a MADD event in your hometown, or to make a Tax Deductible Contribution Contact:
SaySo, Inc. (Strong Able Youth Speaking Out)
(800) 820-0001 or # (919) 384-1457



MAKE A DIFFERENCE DAY



DOING GOOD **USA WEEKEND**
In partnership with
POINTS OF LIGHT



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Fall is Here

Staying Healthy During the Fall Season

School is back in session and so are the germs. As the temperature gets cooler, we want to make sure we are taking care of our health. Here are a few tips to keep you germ free for the fall:

- **Keep hand sanitizer near you at all times**
- **Limit your contact with people who are sick**
- **Stay at home if you are sick**
- **Last but not least, dress warmly**



LET'S GET READY FOR THE FALL HOLIDAYS!!!!

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National Independent Living Conference in Washington, D.C.

On Monday September 8, 2010, (8) SaySo youth and their adult chaperones took a Charter Bus from Durham, NC to Washington, D.C to attend the 23rd Annual "Growing Pains" National Independent Living Conference.

On Tuesday, September 7, 2010, SaySo youth toured the National Mall. Site Seeing stops included; The White House, World War II Memorial, Korean War Memorial, The Lincoln Monument and The Jefferson Monument. The highlight was a tour of the United States Capitol sponsored by Senator Richard Burr's Office.

SaySo youth presented two workshops at the NILA Conference. The topics were: "Different Paths to Permanency" and "Youth Advocacy Options: Take Your Pick".

The bus returned to Durham on Friday, September 10th. All who attended had a great time.

Thank you SaySo youth for representing the State of North Carolina in such a positive way! ☺

