

Cathy Sykes, Activities Coordinator, Our Own Lives

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Cathy Sykes is an advocate involved with most local disability organizations! Cathy was instrumental in providing leadership and vision in the formation and launch of Our Own Lives as a new PASA. She is currently employed at Our Own Lives as an Activities Coordinator and serves on the OOL Client Leadership Council. She also serves as Board Secretary for the Board of Directors of Community Connections. Cathy identifies as having ADHD, a speech impairment, and anxiety.

Jeff Newman, Chief Operating Officer, Our Own Lives

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Jeff Newman is an advocate that has worked in various Autistic and Disability activist roles for the past two decades. He currently works as the Chief Operating Officer of Our Own Lives. Jeff identifies as Autistic with depression and PTSD.