

DEC. 2023



大马残障自立协会  
MALAYSIA INDEPENDENT LIVING ASSOCIATION FOR DISABLED

# QUARTERLY NEWSLETTER OF MILAD

## Embracing Diversity, Fostering Inclusion: A Chronicle of Impactful Initiatives



As we usher in the latest edition of our newsletter, we are thrilled to share with you a compilation of heartwarming stories, impactful events, and significant milestones that have shaped our recent journey at the Malaysia Independent Living Association For Disabled - MILAD. In this issue, we invite you to delve into narratives that celebrate the strength of the human spirit, advocate for the rights of individuals with disabilities, and champion the cause of inclusivity.

From the resounding success of Karnival Sukan MILAD Untuk OKU 2023 to the inspiring launch of our global community, MILAD1004 Volunteer Group, each story unfolds as a testament to our collective commitment to making a positive impact. Join us in expressing gratitude for the meaningful partnerships, distinguished events, and the unwavering support from our dedicated community.

We are particularly excited to share our representative's participation in the 1st Asia Pacific Congress on Women and Girls with Disabilities, a journey that underscores our commitment to global dialogue and positive change.

Amidst these stories, we hope you find inspiration, encouragement, and a renewed sense of purpose. As we continue our mission to break down barriers and build a more inclusive world, we extend our heartfelt thanks for being an essential part of the MILAD family. Here's to embracing diversity, fostering inclusion, and celebrating the remarkable stories that bind us together.

# Empowering Women and Girls with Disabilities on the Global Stage

We're thrilled to share that our representative, Grace Soong Pei Xuan, had the incredible opportunity to participate in the 1st Asia Pacific Congress on Women and Girls with Disabilities, held from 8-10 December 2023 at the Prince Palace Hotel in Bangkok, Thailand. This groundbreaking event was organized in conjunction with the Revitalization of the Asia Pacific Network of Women with Disabilities United, generously funded by UN Women on 6-7 Dec 2023.

The Congress marked a significant milestone as the foundation meeting of the Network, where advocates, organizations, and supporters came together to address the unique challenges faced by women and girls with disabilities across the Asia Pacific region.

Grace Song Pei Xuan, representing the Malaysia Independent Living Association for Disabled (MILAD), was not only present as a fully funded invitee but also had the honor of delivering a presentation. Her powerful insights centered around the impact of MILAD's community house project in fostering independence among women and girls with disabilities.

The discussions were not just limited to our project; they dived deep into the implementation of CRPD Article 5, highlighting the crucial principles of equity, non-discrimination, and measures to prohibit all forms of discrimination. The intersectionality of gender and disability emerged as a cross-cutting issue, emphasizing the need for inclusive and empowering solutions.

The final discussions resonated with the voices of women and girls with disabilities from ethnic, religious, linguistic minority, and indigenous communities, acknowledging the importance of addressing their unique challenges.

MILAD is immensely proud to be a part of this global dialogue, contributing to positive change for women and girls with disabilities. We extend our gratitude to UN Women and all co-organizers for making this event possible.

Let's continue working together towards a more inclusive and equitable world for all!



# Celebrating Success: Karnival Sukan MILAD Untuk OKU 2023

In the radiant aftermath of joy and inclusivity, MILAD expresses heartfelt gratitude for the success of Karnival Sukan MILAD Untuk OKU 2023!

**Thank You to Participants and Differently-Abled Athletes:** Enthusiastic participants illuminated the event with their passion, embodying sportsmanship and unity. Differently-abled athletes showcased remarkable talents, inspiring us to transcend limitations.

**Special Thanks to Distinguished Guests:** Gratitude to YB Hannah Yeoh, Minister of Youth and Sport, and YB Lim Yi Wei, ADUN of Kg Tunku, for their presence and inspiring words. Appreciation to esteemed guests who added prestige to the event.

**Heartfelt Thanks to Sponsors:** Sincere appreciation to KBSMalaysia, Lion-Parkson Foundation, YB Rajiv Rishyakaran, YB Jamaliah Jamaluddin, Datin Rosalund Lee Suy Ting, and Food4U for their generous contributions supporting the power of sports.

**Acknowledgment to Supporters, Volunteers, and Contributors:** Thank you to dedicated supporters, volunteers, and contributors for their passion and hard work, driving the seamless execution of the carnival.

**A Collective Triumph:** Every contribution, big or small, has marked the success of Karnival Sukan MILAD Untuk OKU 2023. Your collective belief in the power of sports to foster inclusivity is the cornerstone of this triumph.

As the echoes resonate, let it remind us that together, we can build a world where everyone, regardless of ability, is celebrated.





# Mid Autumn Festival Celebration



In the warm glow of the Mid Autumn Festival, the MILAD Kepong Community House transformed into a haven of unity, inclusivity, and shared joy. As we take a nostalgic stroll down memory lane, the echoes of laughter, the aroma of delightful mooncakes, and the bonds forged during this celebration remain etched in our hearts.

The night unfolded as a testament to the strength of our MILAD family, where staff and cherished community members united to weave an evening of enduring memories. The beating heart of the celebration was the diverse array of mooncakes that stole the show, each bite akin to embarking on a delectable journey. From traditional classics to innovative twists, the mooncakes symbolized the richness of our shared experiences.

As we reflect on this unforgettable evening, it is impossible not to express our heartfelt thanks to all who graced us with their presence. Your participation elevated the celebration, making it a truly magical and inclusive experience. The photographs captured during the event serve as visual testaments to the joy and camaraderie that permeated every corner of the community house.

To our MILAD family, you are an essential part of this vibrant community, and we extend our heartfelt thanks for making the celebration a resounding success. As we eagerly await the next opportunity to come together, let us carry the spirit of the Mid Autumn Festival forward—keeping our hearts open to new connections, our minds receptive to shared experiences, and our community bonds unbreakable.

In closing, we extend our warmest wishes for continued unity, inclusivity, and joy to resonate within our MILAD family. May the glow of our Mid Autumn Festival celebration continue to illuminate our paths until we gather once again under the moonlight, with the promise of more delightful mooncakes and enduring camaraderie. 🌕🥮🌟



# Celebrating Diversity and Inclusion



Kudos to MBSJ Zon 3 and IOI Mall for spearheading an inspiring initiative to champion the rights and well-being of persons with disabilities, not only within our community but also beyond.

On behalf of the Malaysia Independent Living Association For Disabled - MILAD 大马残障自立协会, we extend our heartfelt gratitude to the organizers for inviting us to be part of this impactful event.

The occasion proved to be a true celebration of diversity and inclusion, as we witnessed captivating performances that beautifully showcased the incredible talents, abilities, and contributions of persons with disabilities.

The heartwarming sight of the community coming together to break down barriers and foster a more inclusive society resonated deeply. Let's continue to raise awareness, advocate for equality, and empower individuals of all abilities.

A big thank you to everyone who contributed to making this event possible and to all who attended, participated, and supported. Together, we can make a positive impact and build a world where everyone is valued and embraced.





# Bearing Fruit That Last

Our main emphasis to our ILP participants is in the proper understanding of our Independent Living (IL) philosophy. In the past 2 to 3 years, this has bore fruit and fruit is seen to last

Two participants from E2 ILP class, both B1 visually impaired, Priscilla and another (we name her “Melody” who wish to remain anonymous) had taken another bold step to fulfil their set goals towards independent living. Both had recently joined their peer support group friends for the first time in an organised holiday trip to Port Dickson. The experience brought them inexpressible joy, new freedom and a sense of achievement and hope.

For Priscilla who stays alone, this third IL goal fulfilled brought added strength on her journey of discovery. In a video interview (video clip attached), she related a new hope to scale greater heights. She thanked MILAD and team and hope this program will be continued to benefit her and the disabled community.

In contrast, Melody has a family. However her first goal towards independent living was to stay on her own rather than depend on her family members. This she boldly did by staying on her own and interacting with society for the required assistance, planning towards her future and hope. That's really understanding the principles and philosophy of independent living and putting feet to it.

What says their Peer Counselors: Both experienced blindness in late adult life. However with the right and clear understanding of the philosophy of IL and complemented with counselling and guidance, supported with personal assistance (PA) service, a disabled person can continue to live the right and desired quality of life with a future and a hope.



Scan here for the video interview

# Welcoming Song Pei Xuan to the MILAD Family



In the spirit of inclusivity and empowerment, the Malaysia Independent Living Association For Disabled (MILAD) is thrilled to introduce the newest member of our family, Sun Pei Xuan (孙珮瑄)! Despite her battle with muscular dystrophy, Sun Pei Xuan has proven that physical limitations cannot restrain the indomitable spirit within her, making her an inspiration to us all.

We are incredibly honored to announce Sun Pei Xuan as our Executive Secretary. Her journey is a testament to resilience and determination, showcasing that when faced with challenges, the human spirit can triumph. As an organization committed to empowering individuals with disabilities and advocating for their rights, Sun Pei Xuan's presence reinforces our dedication to breaking barriers and fostering a more inclusive society.

Sun Pei Xuan's role is pivotal in our ongoing efforts to create a world that is accessible to all. Her passion for the cause and her commitment to making a difference align seamlessly with MILAD's mission. As Executive Secretary, she will undoubtedly play a key role in driving our initiatives forward.

In the heart of MILAD, diversity is our strength, and Sun Pei Xuan's arrival marks a significant step forward in our journey towards a more equitable and accessible future. Let us stand united, celebrate diversity, and work hand in hand to build a world where everyone can live with dignity and pursue their dreams without limitations. Welcome, Sun Pei Xuan, to the MILAD family!

# MILAD1004 Volunteer Group

We're overjoyed to share the exciting news – the launch of our newest venture, the MILAD1004 Volunteer Group on Facebook!

Derived from the Korean word for "angel," MILAD1004 is more than just a volunteer group; it's a vibrant community of like-minded individuals committed to making a positive impact on the world.

## What can you expect from MILAD1004?

- **Empowering and Nurturing New Volunteers:** A supportive space for individuals new to volunteering.
- **Volunteer Exchange Programs:** Opportunities to engage in meaningful exchanges with volunteers globally.
- **Extending a Helping Hand:** Supporting friends with disabilities and fostering inclusivity.
- **Supporting MILAD Events:** Joining forces to organize and participate in diverse events.
- **Global Collaborations:** Engaging in impactful collaborations with volunteers from around the world.

Our goal is to create a space where kindness knows no borders, and compassion becomes our common language.

Whether you're a seasoned volunteer or just starting your journey, we wholeheartedly invite YOU to join us on this incredible adventure of selfless dedication and global camaraderie.

Let's come together, make a difference, and forge connections that transcend borders and cultures!

Scan the QR below to join the MILAD1004 Volunteer Group on Facebook:

Thank you for being part of our mission to spread kindness and create a better world for all!

S<sup>2</sup>I°N°C°E  
**MILAD1004**  
ANGEL. WARRIOR.





# DONATION PLEDGE FORM

**I (WE) WOULD LIKE TO PLEDGE TO MILAD**

**NAME(S) MAKING PLEDGE:** .....

**TOTAL AMOUNT OF PLEDGE:** .....

**ADDRESS:** .....

.....

.....

**PHONE:** .....

**EMAIL:** .....

**MALAYSIA INDEPENDENT LIVING  
ASSOCIATION FOR DISABLED**

**MAYBANK**

**5122 3141 0368**

**SWIFT CODE: MBBEMYKL**

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Malaysia Independent Living Association for Disabled (“MILAD”) is a non-governmental and non-profit organisation run by a group of people with disabilities, to help people with disabilities toward Independent Living, regardless of their background, race and religion.

## OUR VISION

It is our vision to establish a society that embraces the concept of Independent Living which promotes the disabled peoples full inclusion and participation in the community, wherein the disabled people are given the same life opportunities and the same choices in everyday life that the non-disabled people take for granted.



## OUR GOAL

Our goal is to train, equip and empower the people with disabilities to live independently, and at the same time advocating for equal rights and opportunities for them. We strive toward creating awareness so that the general public will have the right perspective toward disability and people with disabilities, and hence able to help transform the society to allow full inclusion and participation at every possible level by the disabled people.

