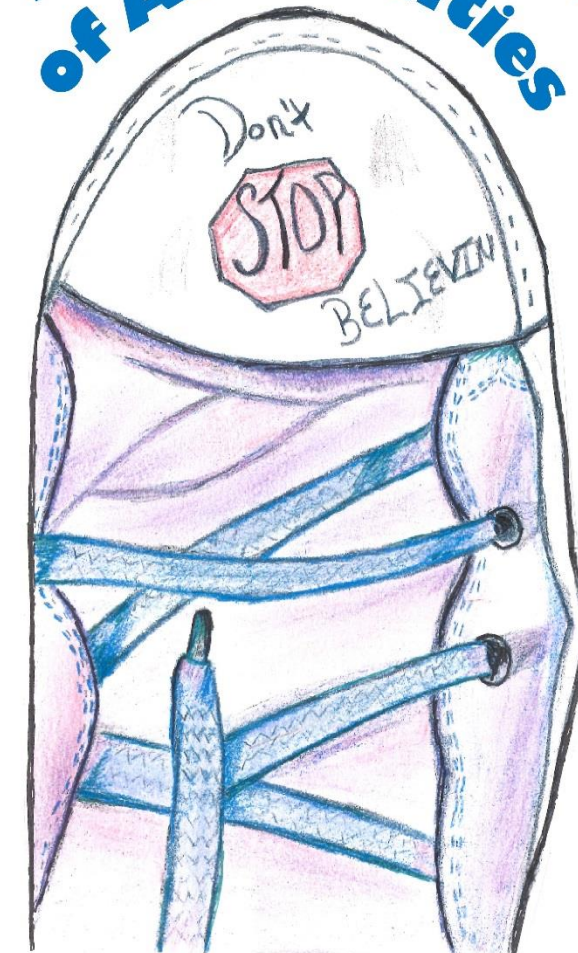


Special Thanks to Our Sponsors

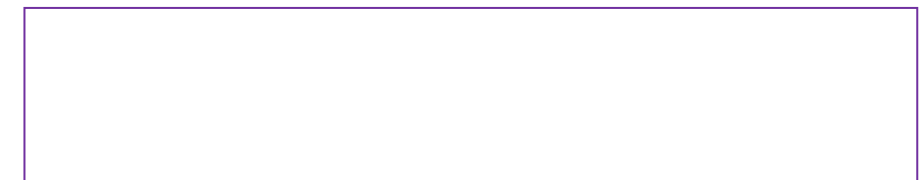


Possibilities
of All Abilities



2013 IDAHO
SELF-ADVOCACY
CONFERENCE
Artwork by Michelle Moore

Conference Booklet



Welcome to Idaho's statewide self-advocacy conference.

We hope you have a wonderful time, make new friends, get connected with information about resources, and learn something that will help you grow as a self-advocate.

Look for these helpers at the conference:

Conference Ambassadors

- | | |
|--------------------|------------------|
| Sandra Abend | Sandra Pfeifer |
| Ian Bott | Lisa Propst |
| Nathan Brasley | Toby Schultz |
| Jim Hansen | James Steed |
| John Kihara | Kevin Swearingen |
| Jen Magelky-Seiler | |



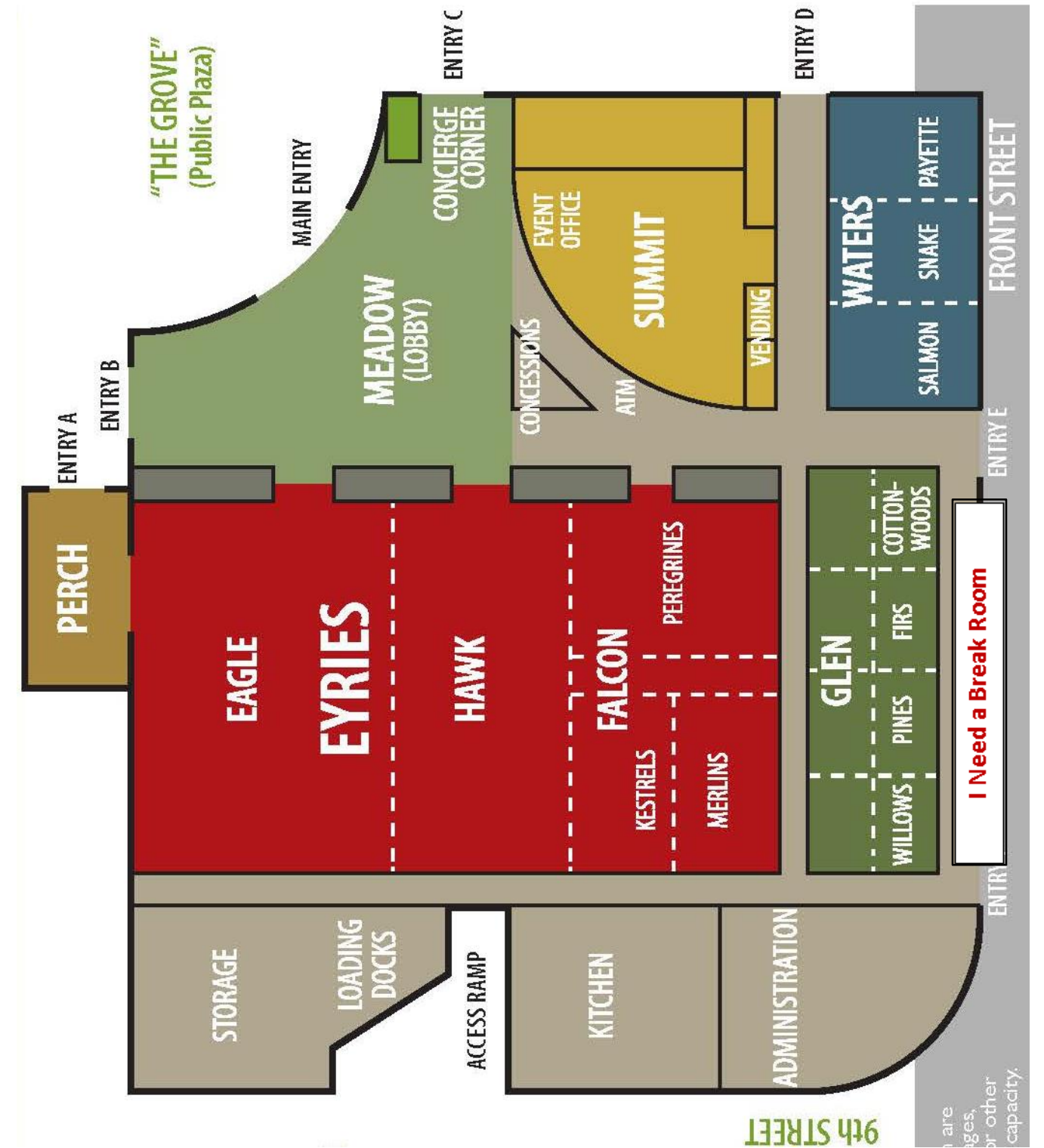
Conference Planning Committee

- | | |
|------------------|------------------|
| Sandra Abend | Olivia Lebens |
| Rocio Ayala | Mel Leviton |
| Trina Balanoff | Christine Pisani |
| Shiloh Blackburn | Sandra Pfeifer |
| Nathan Brasley | Lisa Propst |
| Elva Escobedo | John Russell |
| Jim Hansen | Toby Schultz |
| Amanda Holloway | Larkin Seiler |
| Scott Hoover | James Steed |
| John Kihara | Kevin Swearingen |



This event is **FRAGRANCE FREE.**
Please do not wear perfume or scented body products.

Conference Map



“I Need a Break” Room

If you need a short break from the hustle and bustle of conference activities a quiet room has been set up for you. Down the main hall head south towards Front Street, at the end of the hall - turn right.

“I Need a Break” Room Rules

1. No Smoking
2. No Booze
3. No Speaking
4. Be Happy
5. Spend only 30 minutes here
6. No cell phones ringing or talking or texting
7. No Food

Rules by Ms. Lisa Louise Propst

Who is that behind the camera?

That’s Micheal Spencer, our conference photographer. When you see Mike say “Hi” and then say “CHEESE!”



Conference Events

Movie Tuesday... “Wretches and Jabberers”

Join us to watch the movie *Wretches & Jabberers*, in which two men with autism embark on a global quest to change attitudes about disability and intelligence. Determined to put a new face on autism, Tracy Thresher and Larry Bissonnette travel to Sri Lanka, Japan and Finland. At each stop, they talk with local people about public attitudes about autism. Wherever they go they offer a new way of thinking about the abilities of people with autism.



Idaho SALN Board Elections...

After lunch on **Wednesday**, candidates for election with the Idaho Self-Advocate Leadership Network (SALN) State Board will give their campaign speeches. If you want to learn more about SALN, please ask any Ambassador in a green shirt.

Exhibitors and Information...

Wednesday afternoon from 1:30-2:45pm there will be exhibitors at tables in the conference lobby. This time has been set aside for you to stop by and meet some great folks who are ready to share information with you about voting, protecting your legal rights, independent living centers, employment, going to college, and getting much needed support.

Wednesday Night Dance...

Come get your groove on with **A Sound Choice** DJ entertainment on Wednesday night. Be sure to wear your favorite dancing shoes because the DJ is going to put some music in your bones. Boogie down baby!!!
Thank you to the Boise SALN Chapter for decorating for the dance.



“I Need a Break”

An “I Need a Break” room is available if you need a break from the hustle and bustle of conference activities. Rules on page 29. See map for location.



What's on the Menu?

Tuesday Breakfast Breakfast Burritos - with ham and cheese, refried beans on the side. Served with coffee & juice.

Tuesday Lunch Grilled Chicken Pasta - fettuccine with pesto Alfredo sauce and grilled chicken. Served with seasonal vegetables and garlic bread. Includes Iced tea, coffee, cookies and brownies.

Tuesday Snack Assorted cookies, ice tea and lemonade.

Tuesday Dinner Dinner on your own.

Wednesday Breakfast Breakfast Sandwiches - with scrambled eggs, cheese and sausage patty. Served with coffee and juice.

Wednesday Lunch Two Ground Beef Tacos – served with lettuce, cheese, tomatoes, salsa and sour cream. Includes iced tea, coffee, cookies and brownies.

Wednesday Snack Assorted cookies, ice tea and lemonade.

Wednesday Dinner Spaghetti and Meatballs - served with garlic bread and green salad with Ranch dressing. Includes iced tea, coffee, cookies and brownies.

Thursday Breakfast Continental Breakfast – scrambled eggs with fresh herbs and cheese, served with bacon, sausage, and breakfast potatoes. Bowl of seasonal fruit, basket of pastries. Includes orange juice, coffee, and hot tea on request.

Meet the Presenters

Toby Schultz

Toby is an office assistant at the Center on Disabilities and Human Development in Moscow where he has worked for eight years. Toby is also an artist and has participated for years in the Moscow Art Walk. Toby received an iPad for his birthday and he is excited to teach other people about what the iPad can do and the opportunities it provides.

Jen Magelky-Seiler

Jen lives in Moscow with her husband Larkin. She enjoys sharing with other self-advocates about her experiences with going to college, living independently, and working. She has been involved in SALN since 2005. Jen likes having coffee with friends, going to concerts, cooking, and watching the Seattle Mariners.

Larkin Seiler

Larkin lives in Moscow with his wife, Jen. He has been on the Medicaid Self Direction Waiver for 6 years, and loves being in charge of his own support system. Larkin has worked as an office assistant at a local environmental engineering firm for the last 14 years. He enjoys baseball, fishing and traveling.

Cami Smith

Cami and her younger sister, Rebecca were born with a rare genetic disorder, known as Stuve Wiedemann Syndrome. Now in their twenties they're considered to be the oldest to have ever lived with the syndrome. Cami advocates the need for families to teach independence in a student's early years, and to be involved in the transition process from the start.

Susan Warren

Susan works at Boise Parks & Recreation in their AdVenture program. She has taught a variety of group fitness classes for over 13 years throughout the world. She is currently working on a Physical Education degree at Boise State University and hopes to teach elementary PE and Adaptive PE when she graduates.

Tracy Warren

Tracy works at the Idaho Council on Developmental Disabilities and coordinates the Idaho Employment First Initiative. She works on employment issues for people with developmental disabilities and on transition for youth leaving high school. She is currently attending training to become certified in Customized Employment practices.

Becky Woodhead

Becky is a member of the Nampa Chapter of the Idaho SALN. She has been involved in advocacy issues for several years and is currently a member of the Idaho Employment First Consortium. Becky has testified to the Idaho Legislature and provided presentations to groups on self-advocacy and friendship.

Meet the Presenters

Laurie Lowe

Laurie has a degree in Elementary Education/Special Education from BSU. In 2009, she started her own business– Laurie’s Services LLC in Boise. She provides accounting and problem resolution services. Laurie serves on the State Independent Living Council and on her Home Owner’s Association Board.

Pat McAllister

Pat (also known as Pat Mac) is a standup comedian, chef, public speaker, and advocate for people with disabilities from Boise.

Denise Myler

Denise is an Idaho Falls business owner with disabilities. She has two companies – one is a consulting business and the other sells eco-friendly products on line. Denise has served on the boards of Living Independently For Everyone (LIFE, Inc.) and the Community Transportation Association of Idaho (CTAI).

Joe Raiden

Joe lives in Moscow with his wife of 18 years, Rachel. He is a father of two boys; ages 16 and 15. Joe is a graduate of Partners in Policy Making (2010), the Idaho SALN State Board Vice-President, and a member of Idaho Council on Developmental Disabilities. Besides being a small business owner, Joe is an active community member, a self-advocate and a member of the Moscow SALN chapter.

Rachel Raiden

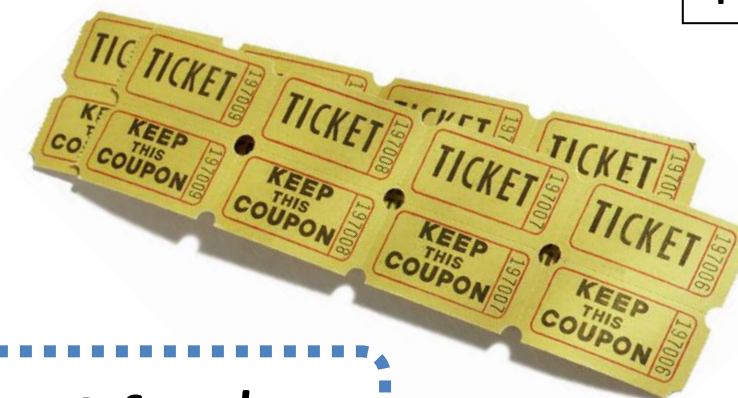
Rachel lives in Moscow with her husband Joe and their two sons; ages 16 and 15. Rachel is not only a mother and a wife but she is also an active self-advocate serving her local SALN chapter as Treasurer and participates on the University of Idaho’s Center on Disabilities and Human Development Community Advisory Committee. As a graduate of Partner’s in Policy Making, 2010, she continues to advocate in her community and throughout the state on disability issues.

Josh Renn

Josh is currently a student at the College of Western Idaho where he was selected to serve in the Presidential Ambassador Program. In 2011, he was recognized for providing over 200 hours of volunteer service in his community. Josh has demonstrated his leadership through 4-H and speaking at the Youth Leadership Forum. Josh has not let his dyslexia stand in the way of helping others.

Get Your Raffle Tickets ...

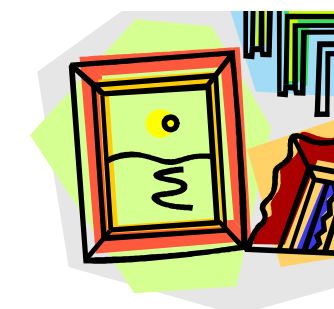
...at the SALN table or the registration table



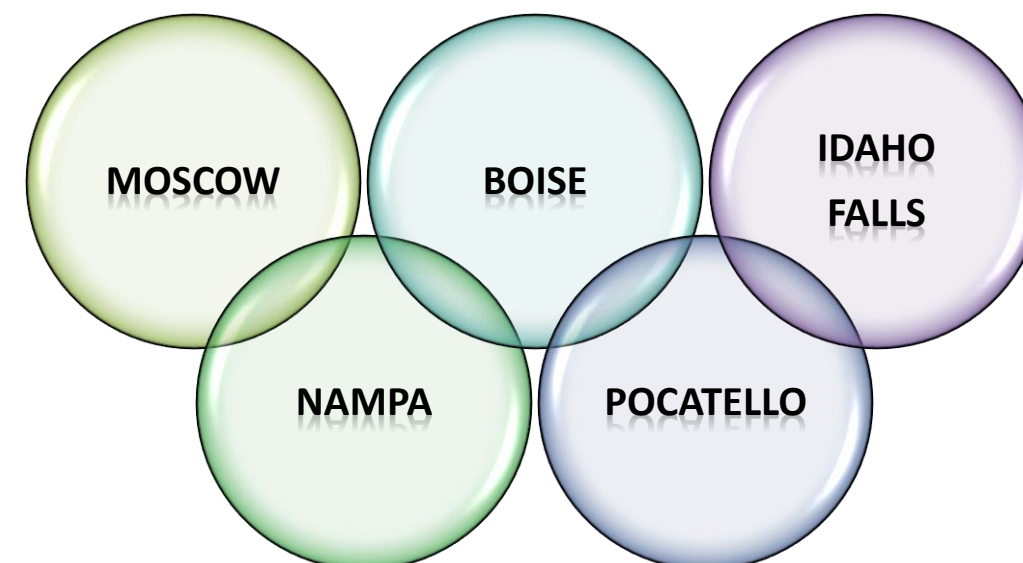
Tickets are \$1 each or 6 for \$5

Some of the great prizes you could win:

- Framed Artwork
- Idaho Vandals Football Tickets
- CASH \$\$\$
- Bottle Tree
- Italian and Mexican Pottery
- Ducks Unlimited Sculpture
- 2 VIP Rooms at Boise Hampton Inn
- Books, DVD, Gift Cards and many more...



Idaho Self-Advocate Leadership Chapters



Meet Your Keynote Speakers

Larry Bissonnette

Larry Bissonnette is an artist who lives in Milton, Vermont. He has been drawing and painting since he was a young child. He has had his work exhibited regularly both locally and nationally. His work is in the permanent collection of the Muse de L'Art Brut, Lausanne, Switzerland and in many private collections. His work was most recently featured in the Hobart William & Smith Disability and the Arts Festival in 2010.



In 1991, Bissonnette learned to communicate through typing and began combining words with his art to express his thoughts and ideas. Over the past 15 years, he has been a featured presenter at many educational conferences and has written and spoken on the topics of autism, communication and art. He is both the subject and writer of an award winning film about his life called, *My Classic Life as an Artist: A Portrait of Larry Bissonnette* (2005) and has most recently been featured in the documentary, *Wretches & Jabberers* (2010).

Pascal Cheng

Pascal Cheng has a M.Ed. and a C.A.S. in Special Education from the University of Vermont. He has worked in the fields of education and human services for over 30 years as a special education teacher, coordinator of educational and vocational programs for adults with developmental disabilities and consultant for individuals with complex communication needs. He is currently an educational and communication specialist for the Howard Center in Burlington, Vermont, providing training and technical assistance for communication and literacy in both school and community settings. He serves as a member of the Vermont Communication Task Force, a group that works to improve communication supports and services for individuals with developmental disabilities in the state of Vermont. He is also a member of the Vermont Autism Task Force.

Meet the Presenters

John Kihara

John was born and raised in Pocatello and is very involved in the Pocatello SALN Chapter. He has an Associate degree in Engineering. He volunteers weekly at his local animal shelter. He has made a significant impact with Idaho legislators educating them about the need to restore preventative dental services and provide quality mental health services.

Brenda Kotewa

Brenda played college wheelchair basketball with the Southwest Minnesota State University Mustangs and the Minneapolis Lady Rolling Timberwolves. Over the years, she participated in adapted recreation in Idaho and as a mentor in adaptive sport camps. She is currently working on her Ph.D. in Adult Education and is researching the experiences of college students who play wheelchair basketball.

Matt Larson

Matt is a licensed Master Social Worker. He received his Bachelors degree in Psychology from the College of Idaho and his Masters in Social Work from Northwest Nazarene University. Matt served a variety of internships in mental health and Post Traumatic Stress Disorder (PTSD). Matt currently works as a therapist at Core Counseling Center in Nampa.

Olivia Lebens

Olivia has been with the Idaho Center on Disabilities and Human Development (CDHD) for 10 years. Along with other duties, she coordinates the CDHD's Community Advisory Committee. Olivia also sits on the Idaho Self Advocacy Leadership Network board of directors and is the assistant secretary to the Council on Community Advocacy (COCA).

Mel Leviton

Mel is a Disability Rights Advocate for DisAbility Rights Idaho in Moscow. She has worked with people with disabilities for more than 12 years as a teacher, mentor and advocate. She believes that the best way for people to get their rights is to be involved in their own communities.

Angela Lindig

Angela is the Executive Director of Idaho Parents Unlimited. She lives in Boise with her husband, Darin and their children, all three of whom have disabilities. Angela has worked in advocacy for 17 years. She is the past Chair of the State Independent Living Council and led the effort to create Idaho's first universally accessible playground in Meridian.

Meet the Presenters

Kristyn Herbert

Kristyn is a self-advocate who lives in her own apartment. She is a former member of the Idaho Council on Developmental Disabilities. Kristyn was the 2nd person in Idaho to sign up for My Voice My Choice, the self-directed services option. She has a cat named Tessy.

Scott Hoover

Scott is a Certified Work Incentives Coordinator with DisAbility Rights Idaho. He has been specifically trained to provide benefits counseling to people on Social Security who are either working or thinking about working and who need to know how their earned income will impact their benefits.

Martha Hopper

Martha is a Boise native who has been actively teaching group exercise classes for over 20 years. Martha enjoys teaching a gentle style of yoga which can help students stay active and feel good about their bodies. She holds nationally recognized fitness instructor certifications from AFAA and ACSM.

Rick Huber

Rick has been a consumer advocate for the rights of people with disabilities for 18 years. He has been on the Idaho State Planning Council on Mental Health, the Region V Behavioral Health Board, State Independent Living Council, NAMI Idaho Board, and Disability Rights Idaho Board. He also chaired the NAMI Consumer Council at the National level, and was a Peer Reviewer for the federal PAIMI grant program.

Nora Jehn

Nora has a background in disability that spans 19+ years with the adoption of Hannah who is now transitioning from school to work and community life. Nora has worked as a special education teacher, Training Coordinator for the Idaho Assistive Technology Project, and as a Support Broker for individuals directing their own services. Nora enjoys friends, family and any outdoor activity.

Monique Johns

Monique is the Medicaid Infrastructure Grant Project Director at the Idaho State Independent Living Council. She loves her job! She is also mom to 3-year-old Manny.

Emily Kavorik

Emily works for Boise Parks & Recreation in the Adaptive Recreation Division. She oversees the AdVenture program and the Inclusion program that provide opportunities for individuals with disabilities to fully participate in many recreation activities.

Tracy Thresher

Tracy Thresher is an advocate for people with disabilities. He lives and works in Vermont. He began typing to communicate in 1990 and was one of the first individuals with autism at Washington County Mental Health Services (a community-based service provider) to be introduced to it. Tracy has presented at local, statewide, and national workshops and conferences. He has consulted with local schools, is a member of the Vermont Statewide Standing Committee and has worked for the Green Mountain Self-Advocates in Montpelier, VT. In Vermont, he mentors teenagers and adults. Most recently, Tracy has consulted at Syracuse University's ICI as a lead trainer.

Harvey Lavoy

Harvey F. Lavoy has assisted Tracy Thresher in his advocacy work since 1994. Harvey has worked for Community Developmental Services (CDS), a division of Washington County Mental Health Services in Montpelier, Vermont since 1994. He has a B.S. in Special Education and has worked in the field of Human Services for over 30 years. He is currently the Director of Communication Training and Resources at CDS and provides education, training and technical assistance to adults and children with complex communication needs as well as their families, support staff, educational teams, schools and agencies. He has been a member of the Vermont Statewide Communication Task Force since 2000, providing statewide trainings, workshops, and conferences to enable adults in Vermont with developmental disabilities to communicate, make social connections, and participate in community life more fully.



Joelle Brouner

Like many who are attending this conference, Joelle Brouner has a developmental disability. She is also the Executive Director of the Washington State Rehabilitation Council, where, Joelle has supported a team in efforts to increase the number of people with disabilities who become employed after working with the vocational rehabilitation program. Joelle is a subject matter expert regarding violence against people with disabilities. For five years she worked with survivors of violence with disabilities as the Disability Pride Project Organizer at Communities Against Rape and Abuse, a Seattle area non-profit organization. Joelle has been actively involved in the disability rights movement, locally, and nationally and Not Dead Yet. In June 2012 the National Disability Rights Network recognized Joelle with the TASC Advocacy Award. Joelle lives with her husband Tony in Lacey, Washington.

Schedule-at-a-Glance

Monday Evening, May 20

6:00-7:30pm **Registration** – Centre on the Grove Lobby

Tuesday, May 21

7:00am **Registration** – Centre on the Grove Lobby

8:00-9:00am **Breakfast**

8:30 – 10:15am **Welcome, Announcements, and Introduction to Conference Events and Activities**

10:15-10:45am **Break**

10:45-11:45am **Breakout Sessions** (choose one)

12:00-1:30pm **Lunch**
Keynote presentation: Joelle Brouner

1:30-2:00pm **Break**

2:00-3:00pm **Breakout Sessions** (choose one)

3:00-3:15pm **Break**

3:15-4:45pm **Wretches and Jabberers MOVIE**

5:30-6:45pm **Dinner - on your own**

This event is
FRAGRANCE FREE.
Please do not wear perfume or
scented body products.

Meet the Presenters

Dan Dyer

Dan is the Training Coordinator for the Idaho Assistive Technology Project. He specializes in the use and application of technology to help individuals with disabilities.

Noll Garcia

Noll is a self-advocate who lives in Boise and is a member of the Boise SALN Chapter. Noll has been active for a number of years in speaking out on issues and provided testimony to legislative hearings. He serves on the Idaho Employment First Consortium, the Collaborative Workgroup on Services for Adults with Developmental Disabilities and the Human Rights Committee at the state school. Noll has had various jobs in his community and has experience trying to get the support he needs to get and keep a job.

Theresa Gardiner

Theresa served on the Council on Developmental Disabilities from 1997-2008 and was the Chair for 4 years. She is a 1997 graduate of the Council's Partners in Policymaking training. She helped organize the statewide Self Determination Bus Tour in 2005, was a presenter and counselor for the Youth Leadership Forum, helped develop the Determined to Vote project in Idaho, served as the Region 10 Board member for Self Advocates Becoming Empowered (SABE) and received the Cliff Fortner National Leadership Development Award.

Karen Gillette

Karen has a Masters degree in Education and has been an instructor for 31 years. She has taught Dating, Relationships, and Sexuality for her firm, Gillette Educational Consulting. Karen also leads the Student Transition Education Program (STEP), the 18-21 transition program for the Boise School District.

Manuel Guerra

Manny was raised in South East Idaho, moved to Boise in 2000 after graduating from Idaho State University. He worked for Disability Rights of Idaho for nearly 9 years. Manny completed a Masters degree in Vocational Rehabilitation Counseling in 2009 and then took a job with Vocational Rehabilitation. Has been involved in many local charities, Big Brothers/Big Sisters, Ronald McDonald House, and Make A Wish.

Kelly Hardy

Kelly has a Bachelor's in Psychology from Boise State and has been working in the developmental disability field for over 10 years in preventing and managing crisis situations.

Meet the Presenters

Tom Ball

Tom lives in Boise and is a founding member of the Idaho Self Advocacy Leadership Network. He has been instrumental in fundraising for the Boise Chapter. Tom has a clear vision for the self-advocacy movement in Idaho. Tom's real love, and talent, is public speaking, especially stand-up comedy. Tom is Idaho's Robin Williams. He is funny and always "on". Ask him about Sparky.

Kristin Beaver

Kristin is a Boise native and a graduate of Timberline High School. She currently volunteers at Garfield Elementary School, working with students who are blind and deaf. Kristin is a founding member of the Boise SALN chapter and contributes her skills to help people have leadership opportunities. She is a driving force behind the successful fund raising events by the Boise Chapter.

Shiloh Blackburn

Shiloh is the current President of the Idaho Self-Advocate Leadership Network (SALN), a statewide self-advocacy organization. She is also an active member in the Pocatello SALN Chapter and Vice-Chair of the Council on Developmental Disabilities. Shiloh feels that self-advocacy is a belief system and requires a lifelong pursuit to learn how to help yourself and others to learn how to speak up.

Nathan Brasley

Nathan is an artist and is currently attending college to become a music teacher. He is also a former Eagle Scout. Nathan says that even though his Asperger's can slow him down, he is strong and has demonstrated over and over again that he has the spirit to be successful in life. Nathan has been active in the Boise Chapter of SALN.

Bill Dial

Bill is a graduate of Shanti Yoga School's 200 and 500 hour teacher training program and is a registered teacher with the Yoga Alliance. His personal practice and self study education includes Tantric Yoga, Viniyoga for Wellness, Seniors Yoga and Yin Yoga. Bill is an avid "spiritual seeker" and his attitude of Vinyasa Flow Yoga is one of childlike curiosity, exploring the practice and remembering the joy is in the journey.

Jane Donnellan

Jane is the Planning and Evaluation Manager for the Idaho Division of Vocational Rehabilitation (IDVR). Prior to this position, she worked as both a regional manager and counselor for VR. Jane has a Master's degree in Rehabilitation Counseling and Vocation Evaluation. She is the IDVR representative to the Council on Developmental Disabilities. Jane lives in Boise with her nine-year-old son who, she says, runs her in circles.

Wednesday, May 22

7:30am	Reception/Information Table – Conference Lobby
8:00-9:00am	Breakfast
8:30am	Announcements and Recognition
9:00-10:15am	Keynote Presentation - Larry Bissonette, Tracy Thresher, Harvey Lavoy, and Pascal Cheng
10:15-10:45am	Break
10:45-11:45am	Breakout Sessions (choose one)
12:00pm 12:50pm	Lunch SALN Board Candidates Speeches
1:30-2:45pm	Visit Exhibitors – Conference Lobby
2:45-3:45pm	Breakout Sessions (choose one)
3:45-4:00pm	Break
4:00-5:15pm	Breakout Sessions (choose one)
6:00-7:30pm	Dinner
7:30-10:00pm	DJ and Dancing

Thursday, May 23

9:00-10:00am	Breakfast
9:30 – 11:30am	Announcements & Thank You's Open Mic to share your conference highlights Final SALN Raffle & Board Election Announcements FINALE event <i>"Don't Stop Thinking About Tomorrow"</i>

TUESDAY MORNING Breakout Sessions

10:45-11:45am

Willows	Firs
<p>Self-Advocacy and Public Speaking</p> <p><i>Tom Ball and Pat McAllister</i></p> <p>Self-advocate Tom Ball and comedian Pat McAllister will teach participants self-advocacy and public speaking tips. This should be a fun and informative session with lots of laughter.</p>	<p>Think Positive</p> <p><i>Rick Huber</i></p> <p>Rick will use personal experience and interaction with the audience to discuss issues faced by people with disabling conditions. He will focus on positive thinking and inner dialog as tools to help cope with some of these issues.</p>
Pines	Cottonwoods
<p>Working and Social Security Benefits: Can I Do Both?</p> <p><i>Scott Hoover & John Kihara</i></p> <p>Social Security disability benefits are confusing and hard to understand once someone returns to work or works for the first time. This session will outline how a person who is on social security can explore working without jeopardizing their benefits. It is a MUST ATTEND if you are receiving benefits and want to work!</p>	<p>What is SALN and Why Is It Important?</p> <p><i>Shiloh Blackburn and Jen Magelky-Seiler</i></p> <p>Learn what self-advocacy means, who is part of the Idaho Self-Advocate Leadership Network (SALN), what chapters are, where there are chapters in Idaho and what happens at chapter meetings.</p>

Exhibitors – Wednesday in the Center of the Grove lobby

- Idaho Council on Developmental Disabilities
- Employment First
- Idaho Vocational Rehabilitation
- Disability Rights Idaho
- Center on Disability and Human Development
- Idaho Self Advocate Leadership Network
- Northwest ADA Center - Idaho
- Able to Work - Idaho State Independent Living Council
- Community Partnerships of Idaho
- Southwest Area Agency on Aging
- Commission for the Blind and Visually Impaired
- Consumer Direct
- FieldSync
- TRiO College Programs



Michelle Moore

Artist who created the Possibilities conference poster art.

Hey, I'm Michelle.

Just to tell you a little bit about myself...

I'm in the 11th grade at Genesee High School. I have been sketching things since I could wield a crayon. I have sketched many things from animals to people. I have also been involved in music. I've played the flute for over six years and plan on making a career out of music. I also enjoy photography, reading, and astronomy. I am a participant in Genesee volleyball and Future Farmers of America.

Dance the Night Away

DJ and Dancing 7:30-10:00pm Wednesday



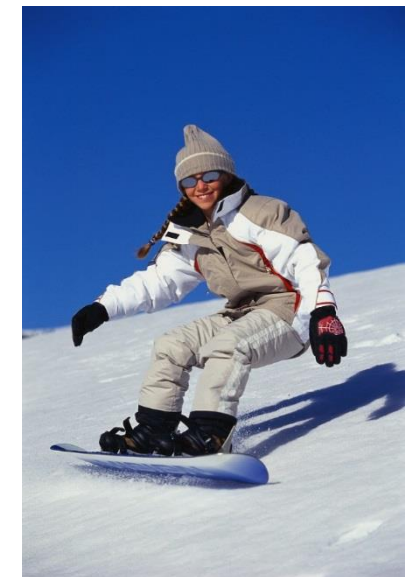
Dancing at the 2010 Conference

Photos by Beau Stiles

TUESDAY MORNING Breakout Sessions

10:45-11:45am

Salmon	Snake
<p>How to Speak Up for Yourself <i>Josh Renn</i></p> <p>You have the ability to do great things in life, choose the future you desire, and develop a clear purpose and vision regardless of your disability or circumstances. Josh will share with you how to effectively stand up for yourself as a person with a disability in a culture that many times does not recognize the need for accommodations. He will talk about how you can gain some tools to be successful.</p>	<p>Tool Box for Success <i>Mel Leviton</i></p> <p>You will learn how to use your abilities and strengths to build self-esteem, be more independent, and part of the community. Mel will share resources to become involved in your community, including getting more education or better jobs. You will brainstorm ideas for building your possibilities and learn ways to say "I CAN" when people say "You CAN'T"</p>
<p>Payette</p> <p>Disability Friendly Recreation in Idaho <i>Emily Kovarik, Brenda Kotewa, Dan Dyer</i></p> <p>There are many opportunities for recreation around Idaho that are disability friendly. Come learn about a variety of programs and opportunities around the state and see a demonstration of some of the adaptive equipment used by people with disabilities to participate in these exciting opportunities. Emily and Brenda will also talk about a variety of ways to adapt leisure and recreation opportunities to meet the needs of the individual.</p>	



TUESDAY AFTERNOON Breakout Sessions

2:00-3:00pm

Willows	Firs
<p>Have Tablet – Get Job and other Tablet Apps</p> <p><i>Toby Schultz and Dan Dyer</i></p> <p>Have you ever explored employment potential with an iPad? Would you like the opportunity to learn about the iPad and the possibilities it has to offer? Toby Schultz and Dan Dyer are your guys! They will present on the useful apps for employment and for life available on the iPad. The presenters will bring several extra iPads to share in order for participants to have hands on experiences.</p>	<p>Medicaid for Workers with Disabilities</p> <p><i>Monique Johns</i></p> <p>The Medicaid for Workers with Disabilities program is health insurance for people who work and who have a disability. This training will tell you more about the program, eligibility requirements, application, and appeals.</p>
Pines	Cottonwoods
<p>If I Don't Change It Who Will? Let Your Voice Be Heard</p> <p><i>Shiloh Blackburn and Joe Raiden</i></p> <p>Learn how to become involved in making a difference on the issues you care about. You will learn what the Idaho Legislature is, how it works, and how citizens can get involved. Shiloh and Joe will provide information to help you better understand how to get your message to legislators, find out who to contact, and how to get your message across.</p>	<p>How to Save Money to Get or Do the Things You Want</p> <p><i>Laurie Lowe</i></p> <p>Laurie will show you how to live within the income you have and how to avoid getting into debt. She will show you how to set goals and come up with a plan to save for all the things you want, even with a limited income. She plans to use herself as an example. Example budgets will be part of the presentation and worksheets will be available for you to create your own budget.</p>

WEDNESDAY AFTERNOON Breakout Sessions

4:00-5:15pm

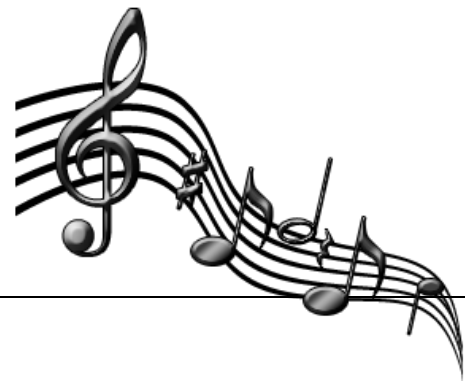
Salmon	Snake
<p>Finding My Own Power (Part 2)</p> <p><i>Joelle Brouner</i></p> <p>You will get the most out of this presentation if you attended the Part 1 session. You will learn about finding your own personal power and how to prevent abuse in your life. Joelle brings a long history of working with people with disabilities teaching people how to prevent abuse in their personal lives. Adult protection will also be available for people who would like to talk to someone about how to get help healing from past abuse.</p>	<p>Yoga for All (repeat)</p> <p><i>Bill Dial</i></p> <p>Yoga is a great way to build strength and flexibility as well as find some quiet in your busy life. Attend this yoga session that can be done seated or on the floor and learn about the great benefits to your mind and body.</p>
Payette	
<p>Painting is Fun is for Everyone (Part 2)</p> <p><i>Toby Schultz</i></p> <p>This is second part of the painting session with Toby that started at 2:45pm.</p>	



WEDNESDAY AFTERNOON Breakout Sessions

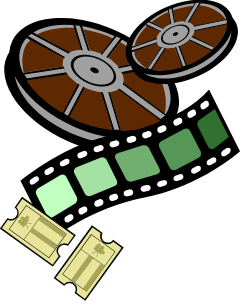
4:00-5:15pm

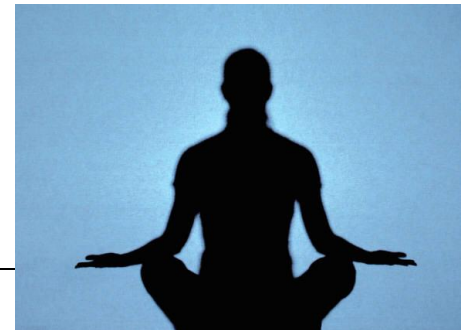
Willows	Firs
<p>How to Appeal a Medicaid Decision</p> <p><i>Larkin Seiler and Nora Jehn</i></p> <p>In this session you will learn about the Medicaid Appeal Process: what you should do before your annual meeting with the assessor, when you should appeal, how to write your appeal, and where to get help in writing your appeal. Larkin and Nora will also talk about what happens after you submit an appeal and what else you can do to advocate for yourself.</p>	<p>Employment First (Part 2) Resources to Go to Work</p> <p><i>Noll Garcia, Becky Woodhead, Tracy Warren</i></p> <p>In this session we will recap what Employment First means and do activities to help participants think about their own skills and abilities that could be used in a job. Participants will also learn about new and existing resources and supports that can help in finding, getting, and keeping a job.</p>
Pines	Cottonwoods
<p>Grassroots Advocacy: Moving from Self Advocate to Community Advocate</p> <p><i>Mel Leviton</i></p> <p>This interactive workshop will focus on building coalitions that can provide real solutions through ACTION in communities across the state. You will learn about community organizing and the basics to creating real change. Presenters will identify a need or issue that affects people with disabilities in a community, tell how to find others to help identify solutions, and some simple steps toward making positive change. Come prepared to share an issue in YOUR community and learn how to take ACTION!</p>	<p>Music is the Best Medicine</p> <p><i>Nathan Brasley</i></p> <p>We all know that music helps stimulate the mind in certain ways, depending on what we are listening to. Wouldn't it be nice to know what types of music can relax and make us more focused? Nathan will talk about certain types of music and the group will listen to some as well as have an open discussion about how music can empower you.</p>



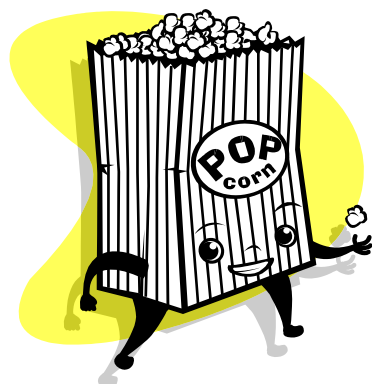
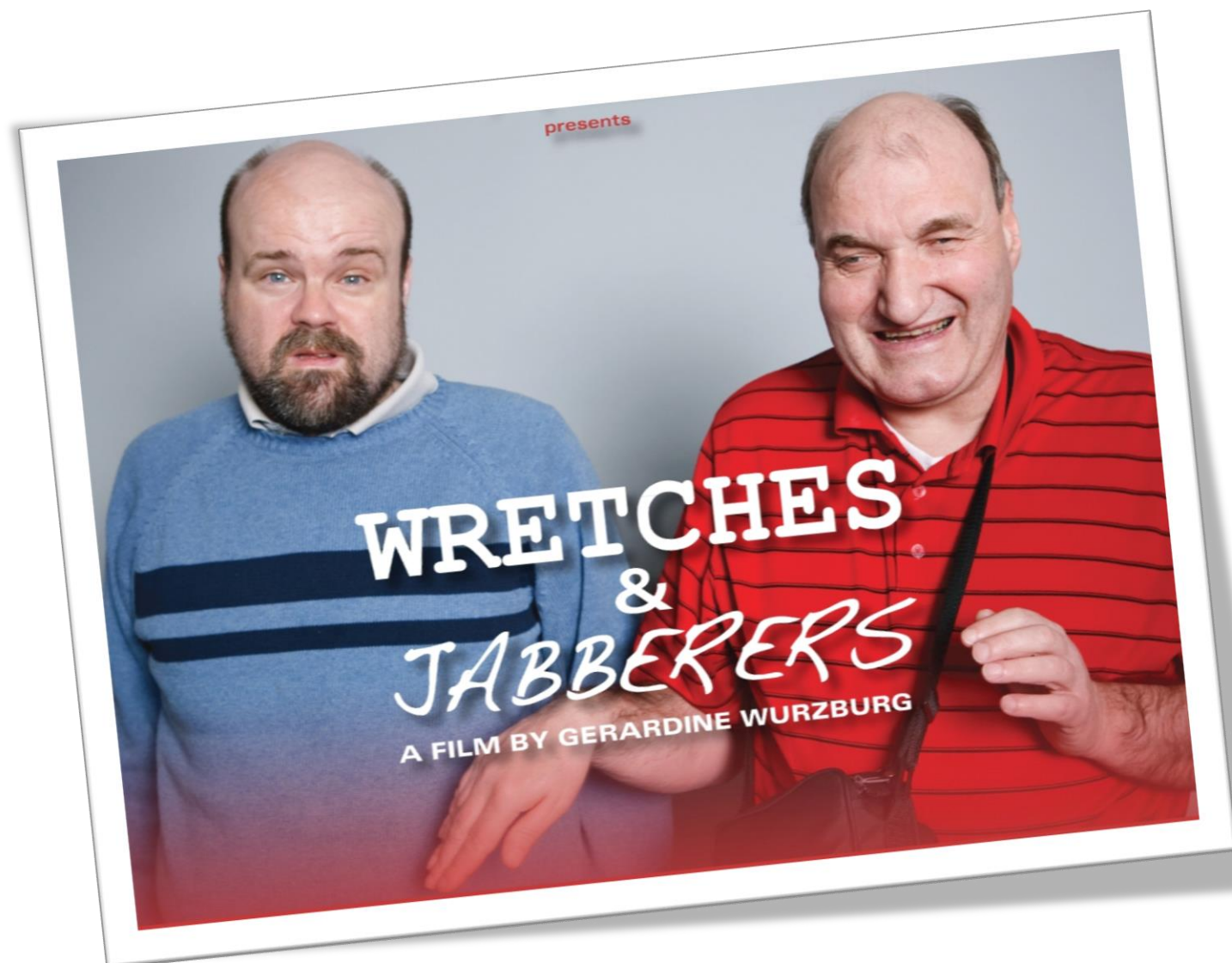
TUESDAY AFTERNOON Breakout Sessions

2:00-3:00pm

Salmon	Snake
<p>Healthy Transitioning</p> <p><i>Cami Smith and Angela Lindig</i></p> <p>The transition to adulthood may include changes to where you go to school, work, and live. Health care transition may include changing from pediatric care and children's services to adult care and services. Teens and young adults with special health care needs, and their families, need to know that health care transition takes a lot of thought and planning. This presentation includes first-hand experience, materials, and information to help you plan with a focus on your healthcare to transition from youth to adult.</p>	<p>Stretchin' Tonin' Breathin'</p> <p><i>Susan Warren, Manny Guerra, Jane Donnellan</i></p> <p>This session will provide 20 conference participants the opportunity to learn how to use stretch bands to improve strength and flexibility. The activities can be done seated or not, and participants will learn how valuable exercising every day is for mental, emotional, and physical health. Thank you to Treasure Valley YMCA for their generous donation of the stretch bands that may be kept by session participants if you promise to use them when you get home. 😊</p>
Payette	
<p>Yoga for All</p> <p><i>Martha Hopper</i></p> <p>Yoga is a great way to build strength and flexibility as well as find some quiet in your busy life. Attend this yoga session that may be done seated or on the floor and learn about the great benefits to your mind and body.</p>	<p>After your breakout session, come see the movie:</p> <p><i>Wretches and Jabberers</i></p>  <p>Movie starts at 3:15pm (details on next page)</p>



Don't miss the movie that stars
Wednesday morning keynote presenters:
Tracy Thresher and Larry Bissonette




**Film starts
at 3:15pm**



WEDNESDAY AFTERNOON Breakout Sessions

2:45-3:45pm

Salmon	Snake
<p>Finding My Own Power (Part 1) <i>Joelle Brouner</i></p> <p>You will get the most out of this presentation if you plan to attend both Part 1 and Part 2 of this session. You will learn about finding your own personal power and how to prevent abuse in your life. Joelle brings a long history of working with people with disabilities teaching people how to prevent abuse in their personal lives. Adult protection will also be available for people who would like to talk to someone about how to get help healing from past abuse.</p>	<p>Strong and Supported Families <i>Theresa Gardiner, Rachel Raiden, and Brenda Kotewa</i></p> <p>The journey of parenthood is all about running into the unexpected. Join three mothers as they share stories about challenges they have faced and successes they have celebrated! With a few sad stories and plenty of funny ones, you will not be disappointed by this panel presentation!</p>
<p>Payette</p> <p>Painting is Fun is for Everyone (Part 1)</p> <p><i>Toby Schultz</i></p> <p>Toby is an Idaho artist and is excited to share his hobby with others and will work with 20 people in this two-part session. If you choose to attend this session please plan to be at Part 1 and Part 2. Everything is provided, just show up and learn to paint on a canvas. Come create something amazing! All supplies are provided.</p>	

WEDNESDAY AFTERNOON Breakout Sessions

2:45-3:45pm

Willows	Firs
<p>Dating, Relationships and Sexuality (repeat)</p> <p><i>Tom Ball, Kristin Beaver, Karen Gillette, Pat McAllister</i></p> <p>The panel will discuss dating, healthy relationships, and sexuality. Participants will be given a card to write down questions to be answered by the panel. The speakers will discuss their relationships and tips for dating and maintaining a healthy relationship.</p>	<p>Employment First (Part 1) It's About People Working in the Community</p> <p><i>Noll Garcia, Becky Woodhead, Tracy Warren</i></p> <p>In Part 1 of this two part session you will learn about what Employment First means and what is happening in Idaho to improve the employment support service systems so more people with disabilities are able to plan for, and get, a job in their community earning a fair wage. We will talk together to hear your opinion about what works and doesn't work and to your ideas about you need to be able to get and keep a job.</p>
Pines	Cottonwoods
<p>Finding Your Voice to Inclusion</p> <p><i>Denise Myler</i></p> <p>One of the first parts of advocacy is to find your voice. Then use that voice to speak out in support of something. People need ideas and safe opportunities to create strong self-determination and advocacy skills. Denise will share how self-determination and self-advocacy lead to inclusion and give a person social capital. She will talk about the skills people need to feel ready to challenge themselves and get involved with issues they care about.</p>	<p>How to Save Money to Get or Do the Things You Want (repeat)</p> <p><i>Laurie Lowe</i></p> <p>Laurie will show you how to live within the income you have and how to avoid getting into debt. She will show you how to set goals and come up with a plan to save for all the things you want, even with a limited income. She plans to use herself as an example. Example budgets will be part of the presentation and worksheets will be available for you to create your own budget.</p>

The Power of Self-Advocacy and a Great Legislator

In 2010, then Council member James Steed, a self-advocate from Pocatello, brought the issue of background checks for guardians to the Council's attention. He asked the question: Why would it be that people who are paid to support us are required to have a criminal history background check and not the people appointed as our guardians? James had recently witnessed the abuse of power by a guardian over one of his close friends. His friend died because the guardian checked her out of the hospital against medical advice.

In guardianship law, a vulnerable adult is defined as a person who is either being mistreated or in danger of being mistreated and who, due to age and/or disability, is unable to protect himself. In a guardianship, the government strips a person of all of their rights and places them under the authority of another person. Before now, Idaho law did not require a criminal history background check for people who want to be guardians.

When it becomes necessary for a person to have a guardian, advocates believe the government should take some basic steps to insure that the person is not being placed under the authority of a guardian who is unfit or even a threat. When a person asks the court to give them complete control over another human being, they should be willing to give the court access to the information it needs to make that determination. A background check is an important step to reducing the risk of harm to people with disabilities and elders.

James understood that working on legislation requiring a criminal history background check would not resolve all of the issues of potential abuse or victimization, but it was one step toward reducing the risk of harm to the individual (potential ward).

The Council worked with **Representative Grant Burgoyne** and other stakeholders to pass landmark legislation requiring criminal background checks and the disclosure of other information about the potential guardians and conservators of vulnerable adults, including adults who have developmental disabilities. This legislation took over two years of effort. Representative Burgoyne worked tirelessly through a number of barriers that had to be figured out in order to pass this legislation. He is a true champion for people with disabilities in Idaho and we are grateful for his commitment and compassion. ***We will be honoring Rep. Burgoyne on Wednesday morning.***



WEDNESDAY MORNING Breakout Sessions

10:45-11:45am

Willows	Firs
<p>Dating, Relationships and Sexuality</p> <p><i>Tom Ball, Kristin Beaver, Karen Gillette, and Pat McAllister</i></p> <p>The panel will discuss dating, healthy relationships, and sexuality. Participants will be given a card to write down questions to be answered by the panel. The speakers will discuss their relationships and tips for dating and maintaining a healthy relationship.</p>	<p>Working and Social Security Benefits: Can I Do Both? (repeat)</p> <p><i>Scott Hoover and John Kihara</i></p> <p>Social Security disability benefits are confusing and hard to understand once someone returns to work or works for the first time. This session will outline how a person who is on social security can explore working without jeopardizing their benefits. It is a MUST ATTEND if you are receiving benefits and want to work!</p>
Pines	Cottonwoods
<p>The Nuts and Bolts of Supported Living</p> <p><i>Kristyn Herbert, Larkin Seiler, Shiloh Blackburn, and Nathan Brasley</i></p> <p>The panel of speakers will talk about what real life is like living with support in the community. All panelists live on their own with support and have had some interesting life experiences to learn from. Come and hear about what has gone well and not so well, with the chance to ask questions.</p>	<p>From Advocacy to Coalition</p> <p><i>Denise Myler</i></p> <p>Denise will help participants take a look at what advocacy is and the different types of organizations out there. She will talk about how organizations can join together with other advocacy groups to form a coalition, how coalitions sometimes are the best way to achieve actions on issues, and the issues that are best done in coalitions.</p>

WEDNESDAY MORNING Breakout Sessions

10:45-11:45am

Salmon	Snake
<p>When My World is Falling Apart</p> <p><i>Matt Larson and Kelly Hardy</i></p> <p>There are people with developmental disabilities who need help for depression, but do not get help because they are unable to communicate how they feel. It can be hard to recognize signs of depression, but Matt and Kelly will talk about this and the unique challenges and stresses which place people with developmental disabilities at increased risk for depression.</p>	<p>How to Speak Up for Yourself</p> <p><i>Josh Renn (repeat)</i></p> <p>You have the ability to do great things in life, choose the future you desire, and develop a clear purpose and vision regardless of your disability or circumstances. Josh will share with you how to effectively stand up for yourself as a person with a disability in a culture that many times does not recognize the need for accommodations. He will talk about how you can gain some tools to be successful.</p>
Payette	
<p>Determined to Vote</p> <p><i>Joe Raiden and Rick Huber</i></p> <p>Voting = Voice! You will learn why your vote is so important and how voting changes an unheard voice into a powerful voice. Joe and Mel will also share information about how to register to vote and the voting process in Idaho.</p>	

VISIT EXHIBITORS IN THE LOBBY TODAY

1:30-2:45pm.