

Everyday Dreams Everyday Relationships Everyday Pride

Everyday Love Everyday Choices Everyday Jobs Everyday Respect

Everyday Rights Everyday Friends Everyday Fun Everyday Lives



Voices and Choices Conference

April 29 and 30, 2019

DoubleTree by Hilton
Burlington, Vermont

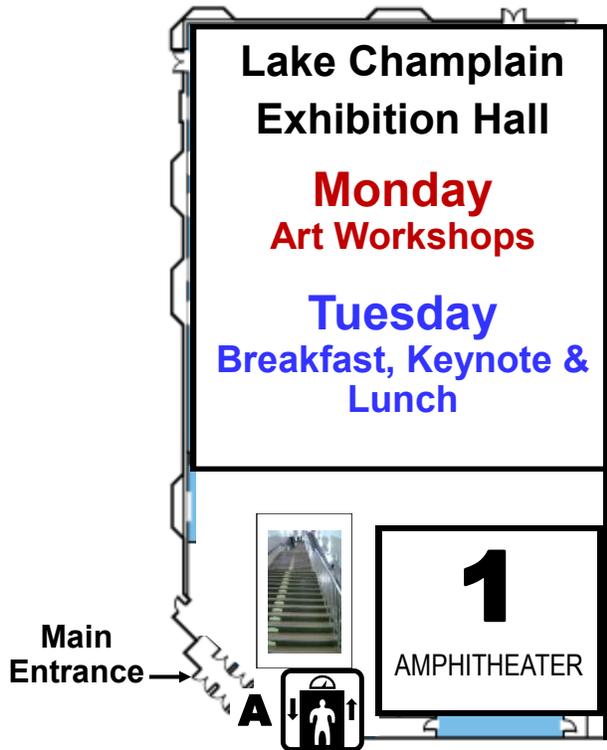
Hosted by
Green Mountain Self-Advocates

EVERYDAY PEOPLE

Map to Find Workshops

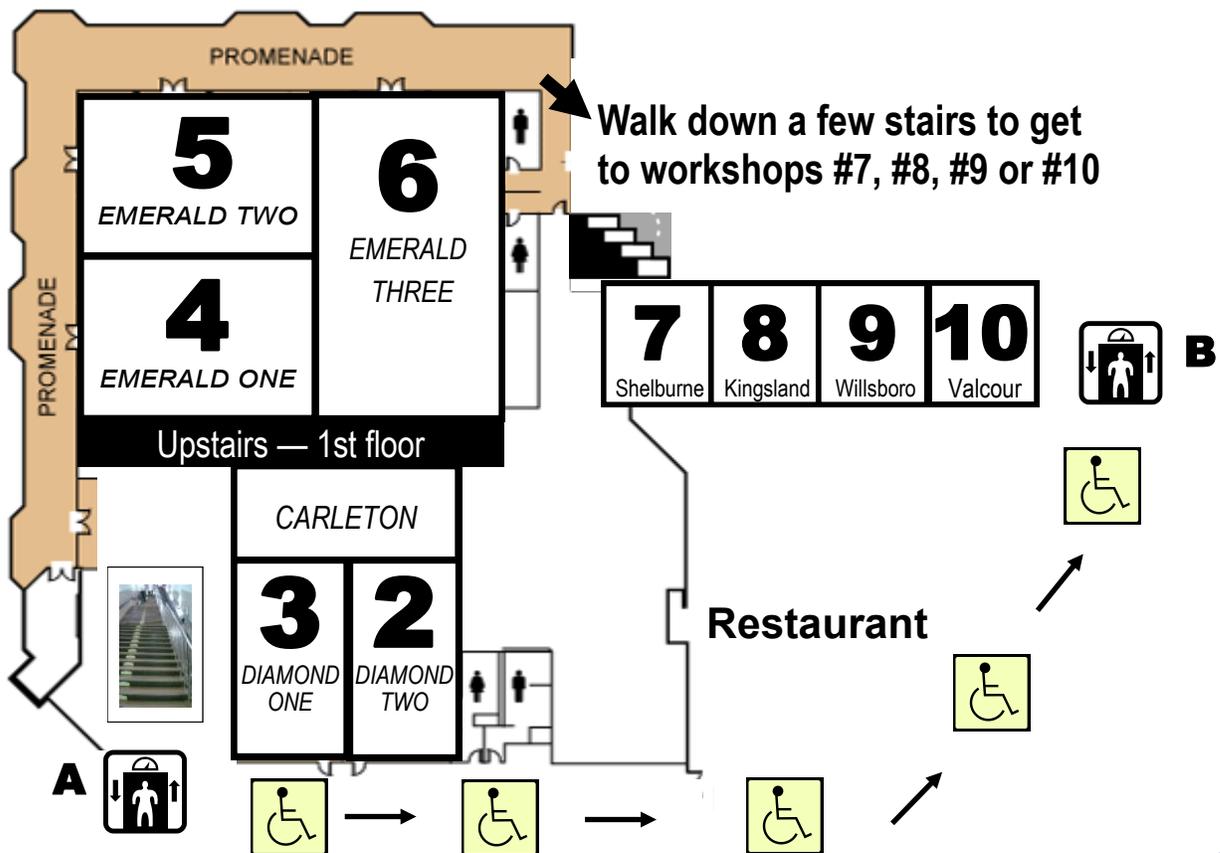


GROUND FLOOR



If you use a wheelchair and are going to **Workshops #7, #8, #9 or #10**. Take **Elevator A** to **Floor 1**. Next go down the hall past the restaurant, then take **Elevator B** to **Floor G**

(see  on map below)



Schedule for Monday ~ April 29



Register for Voices & Choices
in Conference Center

3:00 - 6:00 pm



Pick up Hotel Room Keys at
Hotel Front Desk

3:00 - 6:00 pm



Art Workshops
in Exhibition Hall
**3 Group
Art Projects**



4:00 - 6:00 pm



in Exhibition Hall

4:00 - 5:00 pm



in Amphitheater

4:00 - 5:00 pm

Air Guitar in Diamond

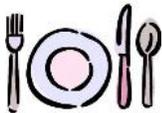


4:00 - 5:00 pm



Talent Show in Diamond

5:00 - 6:00 pm



Dinner in Emerald Ballroom
★ **Theresa Wood Award**

6:30 pm



Dance in Emerald Ballroom

8:00 - 11:00 pm

Group Art Projects on Monday



Everyday People Collage

Start your Voices and Choices experience by taking a moment to sit down and create a masterpiece that reveals your everyday wonder. This workshop will include ripping, gluing and optional drawing.



4:00 to 6:00
Exhibition Hall

No experience necessary.



Help us make a sculpture out of beads

4:00 to 6:00
Exhibition

Reach for the Stars



Work with Gina to create this beautiful group art project

4:00 to 6:00
Exhibition Hall



Winners share a prize dinner date at Monday's conference banquet.

4:00 to 5:00
Amphitheater

Music Workshops on Monday

Sing
Along

All you need
are some good
friends and a
song to sing
along



4:00 to 5:00
Exhibition Hall

Rockin' Air Band Fun!

4:00
to
5:00
Diamond
Ballroom

The **BSAC Band-its!** Will teach you how
to rock out with air guitars, air drums,
air keyboard and hand-made instruments!
It will culminate in an air band competition



ROCK OUT!

TALENT
SHOW

5:00
to
6:00
Diamond
Ballroom

17 people have
signed up for the
Talent Show.
Come cheer your
friends on!



Everyday People Keynotes

Chantae Samuels lives in rural Vermont and has worked at the Grace Cottage Hospital for 6 years. Chantae is an active member of Wild Hope Advocacy Group. She has performed in Theater Adventure plays for many years.



Delsie and Antoine Polgar live in Middlebury, VT. They are active members of their local self-advocacy group where they first met. They planned their wedding and have been married for 8 years. They love to visit with family around the country. They have travelled to Europe several times.

Kristofor Medina is a graduate of The University of Vermont and a leader of the Communication Alliance. Kris works as a Disability Educator for Green Mountain Self Advocates. He is passionate about disabilities rights and the right to communicate.

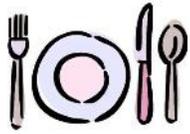


Finbar Ciappara has always had an affection for superheroes and, of course, Santa Claus. He attended the International School of Santa Claus where he earned a Bachelor of Santa Clausology. Finbar enjoys spreading joy to children during the Christmas season. As an avid volunteer at a daycare center in the Mad River Valley he has become known as the “baby whisperer.”

Justin D. Thunderbear is a proud Native American who belongs to the Clan of the Hawk. He has been elected two times to the Tribal Council. Justin loves teaching Abenaki history. Justin plays the flute and is a drummer. He lives and breathes the Abenaki life style. Justin is appreciative of the support he receives from Chief Spirit Water and his elder clan mothers.



Schedule for Tuesday ~ April 30



Breakfast for Hotel Guests
in Exhibition Hall

7:00 - 8:00 am



Register for Voices & Choices
in Conference Center Lobby

8:30 - 9:30 am



KEYNOTE
Everyday People

9:30 am
to
10:30 am



Morning **Workshops**

10:45 - 12:00 am



Lunch in Exhibition Hall

12:00 - 1:00 pm



GMSA Ally of the Year
Local Group Awards

1:00 - 1:30 pm



Afternoon **Workshops**

1:45 - 3:00 pm



Get Home Safe...Thanks for Coming!

3:00 pm

Tuesday Morning Workshops



1

Look Through Our Eyes

Amphitheater

A workshop lead by self-advocates that teaches agency employees what it is like to have a disability and how best to support and work with people with disabilities. Learn how you can teach this workshop to support workers at your agency.

Randy Lizotte, Meghan Lamoureux, Jonathan Fitzgerald and Heather Raymond



2

Chants, Banners & Speaking Out! Let's March for Medicaid

Diamond Two

Get ready for the BIG Rally and March for Medicaid that is happening on June 8th. In this workshop you can:

- ★ Tell your story
- ★ Make a poster
- ★ Learn or make-up a chant, song or rap to use at the rally

Kate Kanelstein, Eliza Hale and Lehana Guyette



3

Do You Want to Be Your Own Guardian?

Diamond One

Our workshop will explain what a guardian is, why a guardian might be appointed, and what else can be done to support individuals in making their own decisions, plus help with solving some of the problems that lead to guardianship.

Barb Prine and Rachel Seelig Disability Law Project



4

What's the App? How iPads and Smart Phones Can Help You in Your Everyday Life

Emerald One

Are you interested in learning how an iPad or smartphone can help you to do many things in your everyday life? Participants in this workshop will learn about the different ways that an iPad and smartphone can increase your independence at home, in the community and on the job. Examples of apps in the areas of community travel, reading, writing, communication, recreation and time management will be demonstrated. Participants will share their stories about using iPads and smartphones.

Pascal Cheng and Howard Communication Team



5

How To Succeed At Work

Emerald Two

This workshop will cover getting and keeping a job; how do you get a promotion; how to get a raise; what good and bad time management looks like; the significance of critical thinking and self-advocacy in the workplace.

Nihyah Dorf, Jean MacBride, Ben Holliday and Zack Hellyer

Tuesday Morning Workshops

6

Everyday People, Everyday Communication

Emerald Three



The Communication Alliance of Washington County, individuals that type to communicate, will share their successes and challenges with having access to daily effective communication to self-advocate, make personal choices, and participate in their communities. Participants will learn the importance and challenges of having access to well-trained communication partners for people who communicate differently.

**Tracy Thresher,
Scott Brodie, Kris Medina, Conor Cleveland and Erin Rose**

7

Fishing For Change

Shelburne



Come hear Raymond's story about how he is working to change Vermont's fishing license rules to allow free licenses for people with disabilities. Get inspired to advocate for change that will benefit you and others!

Raymond Bapp and Geoff Butler

8

How Do You Cope With Grieving?

Kingsland



This workshop will cover the 5 steps of the grieving process. This is a difficult subject that we all need to learn about.

Arnold Eugene Johnson, Kathy Barber and Sam Shoram

9

How To Date Like Pro: Moving from Friend to Girl/Boyfriend

Willsboro



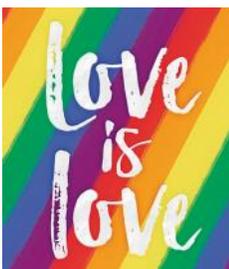
Are you interested in finding a date? Is there someone you want to ask out? Dating and becoming someone's girlfriend or boyfriend can be very exciting and challenging. In this workshop, we will discuss how to move from just being friends to becoming a couple. We will cover topics like letting someone know you are interested, asking someone out, what if they say "yes", and what if they sat "no". Join us for an honest discussion on how to date like a pro.

MAX BARROWS & KAREN TOPPER

10

Gay Pride

Valcour



Have a discussion with people with disabilities who are LGBTQIA about coming out. The group will discuss ways we can all be supportive and welcoming of self-advocates who identify as LGBTQIA.

Thomas Caswell

Tuesday Afternoon Workshops

1

The Power of Think College

Amph itheater



College is a possibility. Come have fun and hear how other self-advocates have gone to college. We will be doing some fun interactive activities. Learn about taking a college class, making new friends, joining a club on campus, and how college can help you get the job you want.

Stirling Peebles, Taylor Terry, Nicole Villemaire and Thomas Caswell

2

Our Adventures in Cooking

Diamond Two



Join us to hear about Mindy's cooking business and Rachel's cooking experiences. You will get a cookbook to take home and make a couple of simple recipes in the workshop.

Mindy Sprague, Rosie Emmons, Rachel Colby & Wendy Capobianco

3

Dancing with Your Agency Who Gets to Lead?

Diamond One



In this interactive workshop you will answer this question and many more. You will learn how each agency is different and how strong we are when we bring our voices together. This workshop will build trust and your "speaking skills". Don't be afraid, just bring your voice!

Hasan Ko, Mark Utter and Emily Anderson

4

Use Theater Games To Become a Better Leader!

Emerald One



This is a theater workshop. You will learn through movement, rhythm, games and improv! We will show you fun and positive ways to bring groups together. This workshop is very interactive. The activities help members of a group to build confidence. Learn great activities to share with your self-advocacy group!

Tesha Thibodeau, Eric Perham and Lorna Merrill

5

Nutrition is Our Mission

Emerald Two



Come learn how to tell the difference between healthy and less healthy foods. This workshop will teach you how to find important health and nutrition information on a food label and how to use that information to make food buying decisions. We will all set personal goals for eating and living healthy and will learn how to achieve those goals.

Ryan Bancroft, Faith DeFelice, Travis Garand, Shae Martin, Karen Noone, Emily Charnock and Marisa Parent from the Health Department

Tuesday Afternoon Workshops

6 Wow! Want an African Pen Pal?

Emerald Three



Mark will show photos he took in Africa in February. He met a great group of people with disabilities in Uganda. The people with disabilities he met are looking for pen pals. Exchanging emails or letters with people in Africa can be fun and educational. We will work in groups to help each other write a letter telling your new pen pal about your life in Vermont. We will play games to review important tips about being safe with emails. We will go over what is good to say and what is NOT okay to share. It is exciting to meet someone who lives halfway around the world.

Brendan O'Leary, Eric Connelly and Mark Schroeter

7 Living on My Own for 18 years

Shelburne



What it's like living in the day to day. How to deal with everyday neighbors. How to use resources in your community.

Tim Ditchcocks Stanyon

8 Thank You for Your Interest in the Abenaki Indians

Kingsland



My name is Justin D. Thunderbear. I am Native American. I belong to the Clan of the Hawk. I have been elected two times to my Tribal Council. I love teaching Abenaki history. I live and breath the Abenaki life style. I was born into this life and heritage. I can't wait to teach. It's an honor. I am a flute player and I play the drums. This would not be possible without the support of my beloved Chief Spirit Water and I want to give thanks to all my elder clan mothers.

Justin D. Thunderbear

9 Legal Clinic #1

Willsboro



You will have a chance to spend 25 minutes with a lawyer to answer questions and get advice about how to address personal concerns about guardians. The lawyers work for the Disability Law Project.

FOR SELF-ADVOCATES

A free, private, confidential session with a lawyer

10 Legal Clinic #2

Valcour



You will have a chance to spend 25 minutes with a lawyer to answer questions and get advice about how to address personal concerns about guardians. The lawyers work for the Disability Law Project.

FOR SELF-ADVOCATES

A free, private, confidential session with a lawyer

Thanks to Our Super Advocate Sponsor



THE VERMONT DEVELOPMENTAL DISABILITIES COUNCIL identifies and addresses critical issues affecting people with developmental disabilities and their families.

Most of our members are self-advocates or family caregivers. Other members represent partner organizations or agencies in government.

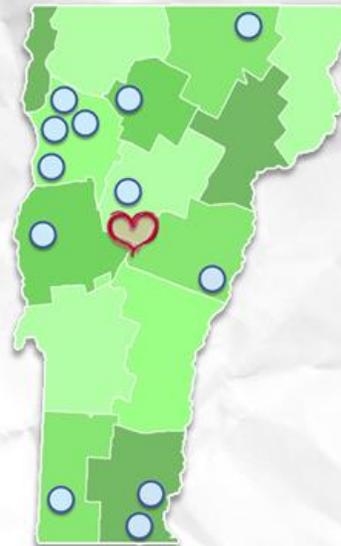
WE'RE EXPERTS in disability-related issues.

The federal Administration on Community Living funds your state Developmental Disabilities Council (*THATSUS!*) to keep policy makers informed about disability issues.

WE'RE YOUR NEIGHBORS from across Vermont.

With members from all walks of life, we represent a diverse range of experience living with developmental disability.

WE'RE AGENTS OF CHANGE. We work to advance public policies that bring people with developmental disabilities and families into the heart of Vermont.



Contact us to learn more about VTDDC, Vermonters with developmental disabilities, and what's going on in the State legislature.
Phone [\(802\) 828-1310](tel:8028281310) and Email vtddc@vermont.gov

Thanks to Our Super Advocate Sponsor

Super Advocate Sponsor!



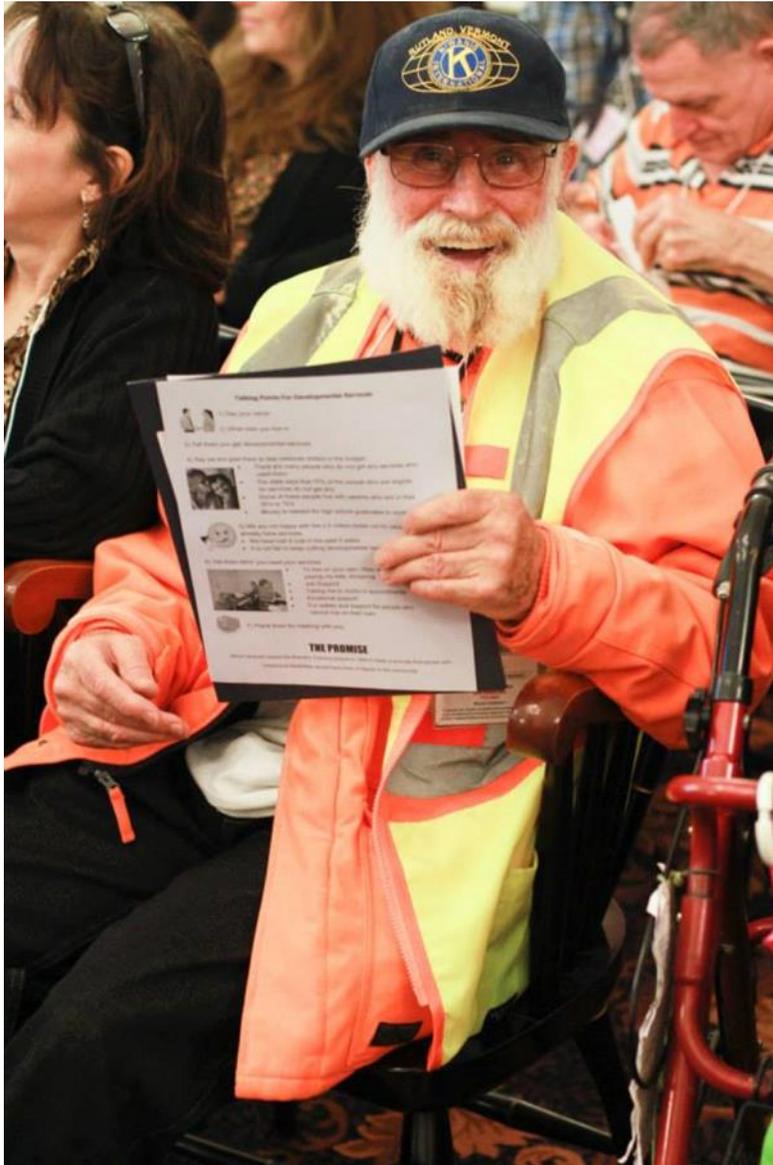
**AGENCY OF HUMAN SERVICES
DEPT. OF DISABILITIES, AGING & INDEPENDENT LIVING**

*DAIL supports GMSA's ongoing efforts
to promote self-advocacy for people
with developmental disabilities*

★ **THANK
YOU!**



Thanks to Our Platinum Sponsor



Thank you to
Herman
Goldberg for
your generosity
and leadership
to the
self-advocacy
movement in
Vermont!!!

We are so
grateful to have
leaders like you!



Herman Goldberg

Past President of GMSA

Thanks to Our Platinum Sponsor



UPPER VALLEY SERVICES

**UVS empowers
people to enhance
their quality of life
by creating
individualized
and inclusive
communities.**



*thanks for supporting
self-advocacy in
Moretown, Bradford
and Randolph!*

Thanks to Our Platinum Sponsor

CENTER ON DISABILITY & COMMUNITY INCLUSION



THE UNIVERSITY OF VERMONT
**EDUCATION AND
SOCIAL SERVICES**



CDCI acts as a bridge between our community and university to provide culturally competent and collaborative education, support, research, and information sharing to ensure people with disabilities and their families can live their lives as they choose. We proudly partner with GMSA and self-advocates throughout Vermont to achieve this mission.



Thanks to Our Platinum Sponsor

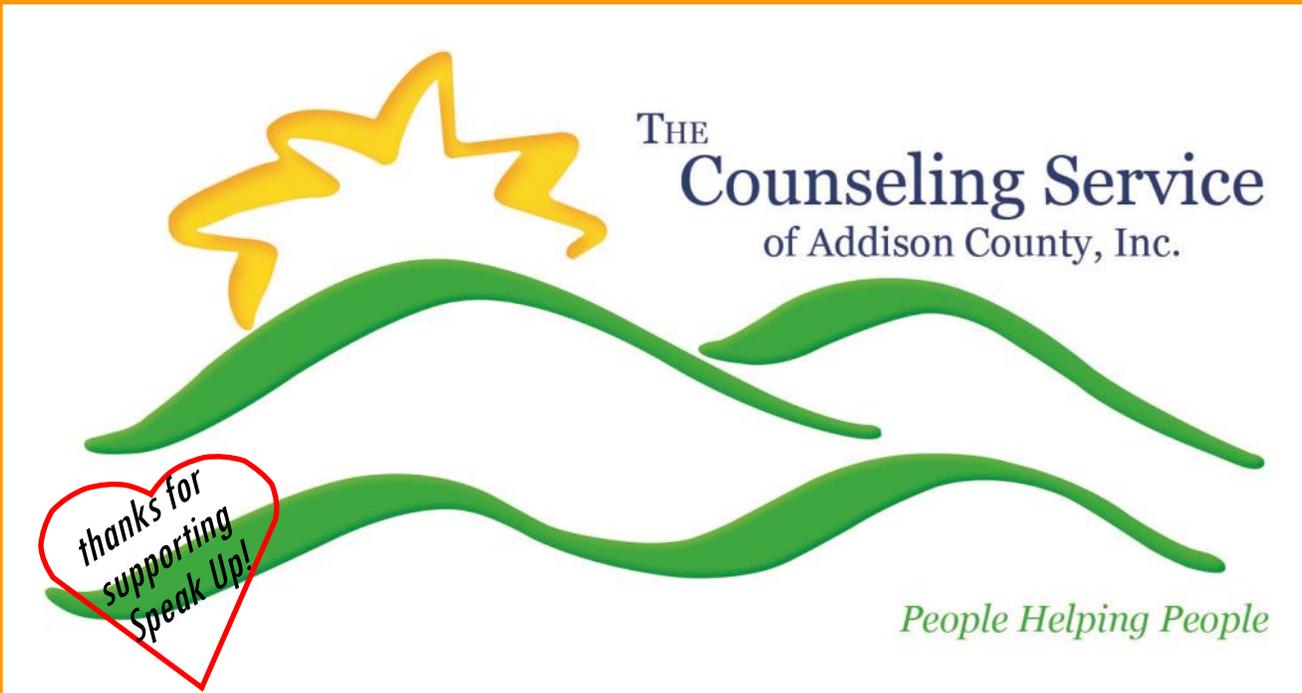


"Empowering Neighbors With Disabilities To Be At Home In The Community"

Green Mountain Support Services is an innovative, private non-profit agency in Morrisville Vermont. We are a specialized agency with programs in Developmental Services, Brain injury, Adult Family Care as well as Supported Employment. We practice a "Person Centered" philosophy when assisting individuals in obtaining their highest level of independence. Although based in Morrisville, Green Mountain Support Services serves the whole state of Vermont.



Thanks to Our Silver Sponsors



DREAM CATCHERS

A self-advocacy group supported by the Community Care Network of Rutland, VT

WHAT WE DO:

Make **positive changes** in our lives and the lives of others

Learn about topics that support increased **independence**

Peer **support** and **mentoring**

Work cooperatively as a **team**



Community Care Network
Rutland Mental Health Services | Rutland Community Programs

Thanks to Our Bronze Sponsors



GMSA thanks WCMH for supporting Friends Helping Friends and Communication Alliance self-advocacy groups.



LINCOLN STREET, INC.
High Quality Personalized Services for People with Intellectual Disabilities and Their Families



thanks for supporting the COPS group

Our culture of respectful support and empowerment serves as a foundation for every organizational decision. The combination of family warmth and agency support enables people to progress in every aspect of their lives.



"Dedicated to advancing the rights of people with disabilities."

Thanks to Our Bronze Sponsors

GREEN MOUNTAIN SELF-ADVOCATES

celebrating



YEARS of ADVOCACY



Champlain Community Services

Champlain Community Services (CCS) is in its 52nd year of serving our community. Our goal is to build a community where everyone participates, and everyone belongs.



Lamoille County Mental Health Services

Lamoille County Mental Health Services is a nonprofit organization providing quality developmental and mental health services to the Lamoille County area, enhancing independence and

thanks for supporting GATSA

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A Tribute to 2019 Award Winners

Self-Advocates *creating circles*
 Becoming 
 Empowered of Rutland *of support*
 Advocate of the Year
JESSICA TRAVERS
 Ally: **Heather Kent**

Advocate of the Year
Ashley Arlen
 Ally:
Rosie Emmons 

Advocate of the Year
ADAM MOZDIERZ 
 Ally:
Nicole Daigneault

GATSA
 Advocate of the Year
Josh Adams
 Ally of the Year
Lisa Bothfeld


 Advocate of the Year:
Raymond Bapp
 Ally: **Dot D'Avignon**

Advocate of the Year:
Kyle Riopel
 Ally:
Sasha Murphey 

SAVY
 Advocate of the Year:
Mandy Rae
 Ally: **Lindsay Barup**

Advocate of the Year:
Danielle Viau
 Ally:
Christine Scanlon 

A Tribute to 2019 Award Winners

COPS

Advocate of the Year:
Greg Getty
Ally: **Chris Herron**

Capitol Advocates Together

Advocate of the Year:
Faith DeFelice
Ally: **Deb Reed**

Rockin' Advocates of Central Vermont

Advocate of the Year
Zach White
Ally: **Hayley Fitzgerald**



NEXT STEP SELF ADVOCATES

Advocate of the Year:
Corey Savage
Ally: **Chris Santee**

Winds of Change

Advocate of the Year:
Jeffrey Drake
Ally: **Mary & Tammy**

Communication Alliance Presume Competence

Advocate of the Year:
Kris Medina
Ally: **Annabelle Trayah**

Advocate of the Year:
**Carol
Patenaude**
Ally:
**Francine
Haywood**

Newport Self- Advocates

Champlain Voices

Advocate of the Year:
Hasan Ko
Ally:
Kristi Kenney



GMSA 2019 Ally of the Year

The 2019 Ally of the Year Award is presented to the Vermont Disability Law Project. We recognize their outstanding support of Vermont self-advocates, the mission of self-advocacy, and Green Mountain Self-Advocates. The Disability Law Project challenges policy makers by reminding them how important it is for the voices of people with disabilities to be heard. As lawyers they are there for us in court. They have worked tirelessly to make supported decision making a real option. They take what we have to say seriously and use it in their legal work. When we go to meetings we can relax a bit when we see them in the room. We know they will do a great job of explaining things that have to do with the law and policy in a way that we can understand. This is a true ally!

**Disability
Law
Project
Our
Allies!**



Theresa Wood 2019 Citizenship Award

Respect **Leadership** **Determination**
Commitment **Creativity** **Sense of Humor**



The 2019 nominees are:

Cory Savage helps out on his family farm and is a respected member of his local group. He also participates in a local theater group.

Owen Voss is a member of his local Volunteer Fire Department. He shows a genuine interest in his peers and encourages others when the going gets tough.

Thomas Caswell has been a member of GMSA since he was in high school. He is part of two LGBTQ groups one at the Pride Center of VT and at UVM. He

did a national fellowship putting together resources about coming out.

Shae Martin is an active leader of the Capitol Advocates Together. He is a Special Olympics athlete and fundraiser. Shae is an avid Norwich University sports. Shae attended the Leadership Series and has worked hard to use what he learned. Not only does Shae push himself to become a better leader, but he encourages others to step up as they are able.

GREEN MOUNTAIN SELF-ADVOCATES

celebrating



YEARS of ADVOCACY