Voices and Choices Conference

It Takes Strong Roots To Weather The Storm

Burlington, Vermont
May 4-5, 2015

Green Mountain Self-Advocates
Map to Find Workshops

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)

Walk Down a Few Stairs Get to Workshops #7, #8, #9 or #10

Relax…..
Schedule for Monday ~ May 4

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

3 Art and Gardening Workshops in Exhibition Hall 4:00 - 6:00 pm
- Painting as a Teamwork Tool
- Windsock Art Project
- Make a Window Garden

Drumming Workshop in Diamond One 4:00 - 5:00 pm or 5:00 - 6:00 pm

Learn Dance Moves to Uptown Funk ~ Be in a Flash Mob in Diamond Two 4:00 - 6:00 pm

The Dating Game in Amphitheater 4:00 - 5:00 pm

Talent Show in Amphitheater 5:00 - 6:00 pm

Dinner in Emerald Ballroom 6:30 pm
- Theresa Wood Citizenship Award

Dance in Emerald Ballroom 8:00 - 11:00 pm
Drumming
Join the rhythm in this drumming workshop with VSA Vermont. You’ll learn basic hand drumming notes and explore sound. All abilities are welcome.

Uptown Funk
Always wanted to be part of a flash mob? Do you have two left feet but love to dance anyways? Come learn easy dance moves so you can be in the “Uptown Funk” Flash Mob on Tuesday at lunch!

Diamond One
Two sessions ~ 4:00 & 5:00

Diamond Two
4:00 to 6:00

Art and Gardening Workshops
Exhibition Hall ~ 4:00 to 6:00

Painting as a Teamwork Tool
Paint a beautiful piece of art which will then be available as a postcard after the conference

Make a Wind Sock
Just like our lives we meet resistance and thru the resistance something

Window Gardens
Come make your own window garden. Plant seeds for a yummy

Amphitheater ~ Room 6

4:00 to 5:00

Grab Your 3 Minutes of Fame!

5:00 to 6:00

Winners share a prize dinner date at Monday’s conference banquet.
This year’s keynote speaker comes all the way from South Carolina!

Chaqueta Stuckey is President of her local self-advocacy council group, Our Voices Count, Too. She is also a member of the state advocacy group, IMPACT-South Carolina. She serves on the executive board for the national board of SABE, Self Advocates Becoming Empowered. She serves on the Protection and Advocacy Minority Affairs Council. She has also been recently selected to participate in Georgetown University’s National Center for Cultural Competence Leadership Academy.

In her career, she has participated in a number of self advocacy activities. Her most recent project is participating as Co-Project Director of Our Community Standing Strong (OCSS), a national technical assistance grant to promote grassroots efforts in self advocacy. She is a graduate of Partners in Policymaking. She has participated in a number of rallies to promote self-advocacy awareness. She attends meetings to ensure the voice of self-advocates are heard. Chaqueta has presented at national and state conferences. She has been named the state of South Carolina Advocate of the Year two times for her work in the movement. She exhibits strong leadership and is known for her words and actions—she always follows up. Her leadership abilities bring out the best in all people.

Her hobbies include assisting the elderly in her community, being an active choir member, assisting with church activities, being an avid tennis, and being a track and bowling athlete with Special Olympics. She loves meeting new friends across the country and maintaining a connection.
Schedule for Tuesday ~ May 5

Breakfast for Hotel Guests in Exhibition Hall 7:00 - 8:00 am

Register for Voices & Choices in Conference Center 8:30 - 9:30 am

Keynote: Chaqueta Stuckey 9:30 - 10:30 am

Morning Workshops 10:45 - 12:00 am

Lunch in Exhibition Hall 12:00 - 12:30 pm

☆ GMSA 2015 Slide Show 12:30 - 1:00 pm
☆ Ally of the Year Award
☆ Local Group Annual Awards

Uptown Funk Flash Mob 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. Video Blogging
   Diamond One
   Come learn about how self-advocates use technology to connect and share information in other states! Learn what a video blog is and how to make one – it's as easy as 1, 2, 3! We will practice making a video blog about the Voices and Choices Conference!
   ChaQueta StucKey, HIlary Clark, Glenda Hyman-SiNgletary and Skye PEEbLLeS

2. Advocates Act
   Diamond Two
   Join VSA Vermont and students from Spaulding High School for a fun theater experience. Learn how to communicate with improvisation and theater games. Laugh and make new friends.
   Noah Driscoll, Alysia DuHaiMe, Domonic HutchinS, Jesse Bryons, Kaelyn Shannon, Sabrina Miller, Felicity Garr and ElizABeth Wilcox

3. Attitude is the Real Disability
   Emerald One
   The ADA has been law for 25 years but have things really changed for people with disabilities? Several self-advocates that type to communicate will share their insights and experiences on how people see and treat them - as a person or as a label. There will be two panels with different speakers in the morning and afternoon.
   TrAcY ThresHer, Kris MeDiNa and MaleiA DarlinG

4. Theater Games: Stepping Up and Stepping Back
   Emerald Two
   When there’s an opportunity for you to say something do you get too shy to speak? OR do you ALWAYS have to be the first person to raise your hand? Most likely you are someplace in the middle of these two extremes? This interactive workshop will have lively discussions, play theater games and perform short scenarios. One goal is to learn to STEP UP and say what we want and need to say. The other goal is to STEP BACK to listen and learn from others.
   EMMilY Anderson and WIlliAm ViIlemaire

5. Using iPad technology for Life in the 21st century
   Emerald Three
   This presentation will give participants ideas about the different ways that an iPad and smartphones can be used in everyday life. Examples of apps in such areas as accessing the internet, reading, writing, communication, recreation and time management will be demonstrated. Students from the Succeed Program at the Howard Center will share their experiences of using the iPad for college and everyday life.
   PAsCAl Cheng, GrAcE LAcHAnce and AShley AdAmS
Living With A Service Dog
Participants will hear about how a service dog can provide support for a person with a disability. Presenters will share stories of acquiring, training and living with a service dog. Presenters will also provide important information about ADA laws around service animals. Included will be the benefits and challenges of having a service dog.

Persephone Ringgenberg, Liz Sykas-Ringgenberg and Kim Brittenham

Healthy Living and The Basics of Being Centered
Want to feel better? Improve your self-confidence? Feel more relaxed? Did you say “YES”? We will help you learn new ways to take care of your body, mind, spirit, and relationships. We will show you basic methods of meditation. Becoming and staying centered is often difficult. Come experience ways of incorporating healthy living and meditation into your day to day life.

Marje Burns, Evan Cross, James Primrose, Danielle Viau and Jayne Weber

LGBTQ People with Disabilities Network
This workshop will inform people that there is a space to be supported if you are LGBTQ and have a disability. There will be a game and a chance to talk with one another while learning what it is like to be LGBTQ and have a disability.

David Frye, Kristen Wade, Danielle Rochford, Josh Quenville and Meghan Lake

What is Global Warming and What We Can Do About it?
Climate Change is a Hot Topic! We are putting more and more pollution into the air. It is causing more severe storms, wildfires, snow and cold and sea levels rising. Make no mistake, getting the earth back on track won’t be easy. People across Vermont and the country are speaking up! Come here activists from 350VT explain what steps you can take to make a difference.

Brittany Dunn, Jillian Meyer from 350VT and Nicole LeBlanc

Using Your Voice
Tips on how to be the voice of your life. Learn to identify goals and put them into action!

Allie Monica and Kate Daly
### Tuesday Afternoon Workshops

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<thead>
<tr>
<th>Workshop</th>
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<tr>
<td><strong>Internet Safety</strong>&lt;br&gt;Are you an internet surfer? Do you Facebook? YouTube? Eharmonize? Come to this workshop to learn how to have fun and keep yourself safe in our fast growing community neighborhood ... The Internet!</td>
<td>Diamond One</td>
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<td><strong>Knock Their Socks Off!</strong>&lt;br&gt;<strong>How to Make a Great First Impression!</strong>&lt;br&gt;Come learn how to make a GREAT first impression! We will have a fun fashion show and practice with role plays. By the end of the workshop you will know how to dress and what to say to knock anyone’s socks off!</td>
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**Speakers:**
- Hilary Clark, Lisa Rudikov, Molly White, Joel Marshall and Emily Michaud
- Tracy Thresher, Kris Medina and Kyle Moriarty
- Emily Anderson and Nicole Villemaire
- Pascal Cheng, Evan Dike and Ashley Adams
### How To Speak Respectfully in Stressful Situations

Participants will learn strategies for how to stay respectful when meeting to discuss your ISA. However the hope is that participants will understand these tips can be applied to other situations as well.

**Rachel MacMartin, Shawn Gorton and Wendy Capobiano**

### How to $AVE More than $2000 and Not Lose your Benefits

Wow! Have you heard about the ABLE Act? Learn how this new law can change your life. Now you can save thousands of dollars and not get in trouble with social security or Medicaid. But there are rules. Come hear examples of how an ABLE account works.

**Nicole LeBlanc and Karen Noone**

### Love and Marriage

Come hear a couple tell their love story. Randy and Jana got married in October. They will tell you what steps it takes for and get married.

**Randy Lizotte and Jana Weber**

### How to Have a Great Relationship & The Dating Game

Are you ready for Love? Then join long-time sweethearts, Christian Georges and Jill Collingwood, as they share about how they have created an loving, committed relationship. Learn how to meet someone special, create time and opportunity for one another, learn how to communicate and self-advocate even when it may be difficult, and how to develop a healthy, fulfilling relationship. Then try your hand at it! We'll host a Dating Game that will put into action some of the suggestions Christian and Jill have shared. Are you ready …?

**Christian Georges and Jill Collingwood**

### Being A Smart A**

These two amazing wise guys will do small group skits for people to practice speaking up to people in authority. You can’t always get what you want by being 100% polite. There are times where you have to be direct and strong with your language to get what you need. Practice tips for how to balance using language that others may think is rude with making your point and getting what you need.

**Ash Brittenham and Max Barrows**

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**Voices and Choices Conference**
Thanks to Our Platinum Sponsor

Like!

A heart-felt thank you from GMSA to the Vermont Developmental Disabilities Council for sponsoring our conference and for funding conference scholarships.
The Inclusive Healthcare

Participate in our Self-Advocate Healthcare Survey Today at our Display Booth. Participants will be entered into a drawing to win a $100 Gift Card!

A partnership to improve the health of Vermonters with Intellectual and Developmental Disabilities
The GMSA Ally of the Year is The Developmental Services Directors

The 2015 Ally of the Year Award will be presented to all of the Vermont Developmental Services Directors for their outstanding support of Green Mountain Self-Advocates and our mission for Vermonters with developmental disabilities to educate peers to take control over their own lives, make decisions, solve problems, and speak for themselves. From their support as we celebrated our 20th anniversary in style, to their partnership on many of the projects that Green Mountain Self Advocates has worked on over the last year, we thank them for the great work they do! Their collaboration on projects such as the Direct Support Professional Recognition Week and the Peer Mentoring Project speaks volumes about the belief in Presumption Of Competence and the capabilities of all people. These projects are utterly vital to sustain a quality of life we seek for all Vermonters and we are extremely grateful for their support and celebrate what the Developmental Services Directors bring into our communities.
We offer a wide range of services:

- New Construction
- Remodeling and Additions
- Home Performance with Energy Star

We strive to meet your project and budget needs.
A Tribute to 2015 Award Winners

Self-Advocate of the Year:
Diane Robertson
Ally: Linda Belval

Self-Advocate of the Year:
Samer Faour
Ally: Danielle Cote

Self-Advocate of the Year:
Raymond Gordon
Ally: Wayne Snow

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Ally: Danielle Cote

Self-Advocate of the Year:
Renee’ Houle
Ally: Alysia Gerrish

Self-Advocate of the Year:
Allie Monica
Ally: Jessalyn Gustin

Self-Advocate of the Year:
Savvy
Ally: Cathy Blaise

Self-Advocate of the Year:
Micayla Chapman
Ally: Alysia Gerrish

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A Tribute to 2015 Award Winners

**COPS**
Self-Advocate of the Year: Linda Monette
Ally: Elizabeth Peets

**Capitol Advocates**
Self-Advocate of the Year: Lacy Allen
Ally: Peggy Thompson

**Rockin’ Advocates of Central Vermont**
Self-Advocate of the Year: Molly White
Ally: Katie Jankowski

**Champlain Voices**
Self-Advocate of the Year: Taylor Terry
Ally: Elizabeth Sightler

**Windsor Self-Advocacy**
Self-Advocate of the Year: Kelsie Lavalette
Ally: Mary Ruffing

**Communication Alliance**
Self-Advocate of the Year: Connor Cleveland
Ally: Rich Young

**Advocates of Action**
Self-Advocate of the Year: Linda Monette
Ally: Tammy Mayberry

**LGBTQ Support Groups**
Self-Advocate of the Year: Sara George & Bekka Brazee
Ally: Dawn Danner

**NEXT STEP Self Advocates**
Self-Advocate of the Year: Carolyn Wagner
Ally: Kathy Brown

**Presume Competence!**
Self-Advocate of the Year: Joshua Quenville
Ally: Kristen Wade
Making Connections

Name: ____________________________

Phone number: ____________________

Email: ____________________________

[Image: Super Advocate]

Name: ____________________________

Phone number: ____________________

Email: ____________________________

[Image: Nice Smile]

Name: ____________________________

Phone number: ____________________

Email: ____________________________

[Image: Funny Guy]

Name: ____________________________

Phone number: ____________________

Email: ____________________________

[Image: Lots of Energy]

Name: ____________________________

Phone number: ____________________

Email: ____________________________

[Image: The Cool One]

Name: ____________________________

Phone number: ____________________

Email: ____________________________

[Image: The One You Can Depend On]
Join A Local Group!

Next Steps Self-Advocates

GATSA: Getting Acquainted Through Self-Advocacy

Champlain Voices

SAVY: Strong Advocacy Voices & You

Burlington Self-Advocacy

Vermont Choices

Our Drop In Center

Capital Advocates Together

Randolph Area Peer Support

Rockin' Advocates of Central Vermont

Connections of Peer Support

Communication Alliance

Friends Helping Friends

Speak Up Addison County

Self-Advocates Becoming Empowered of Rutland

Windsor Self-Advocacy Group

Self-Advocates Becoming Empowered of Rutland

Advocates for Action

Bennington Peer Support

Families First Peer Support

Call Max 1-800-564-9990
Max can tell you how to connect with a self-advocacy group near you

Voices and Choices Conference
Green Mountain Self-Advocates
2nd Annual Gala ~ October 2015

Celebrating our families!

Peer to Peer Connections!

Slide show of Advocacy in Action

A tribute to our allies and sponsors

Fun on the dance floor

Encouraging words from our leaders