



Voices and Choices Conference

May 11 and 12, 2026

Hosted by
Green Mountain Self-Advocates

Schedule for Monday ~ May 11



Register for Voices & Choices
in Conference Center

3:00 - 6:00



Pick up **Hotel Room Keys**
Most people will get their keys
from your group contact

4:00 - 6:00



Art Workshop
in Exhibition Hall

4:00 - 6:00

Games with Kevin in Amphitheater



3:45 - 4:45



Jeh Kulu a taste of West African Culture
in Diamond Ballroom

Dance Workshop with Live Drumming

4:00 - 5:00

Drumming Workshop

5:00 - 6:00

Dating Advice with Katherine
in Exhibition Hall



4:00 - 5:00



Telling Our Housing Stories
in Exhibition Hall



5:00 - 6:00



Talent Show in Amphitheater

5:00 - 6:00



Dinner in Emerald Ballroom
Ally of the Year Awards

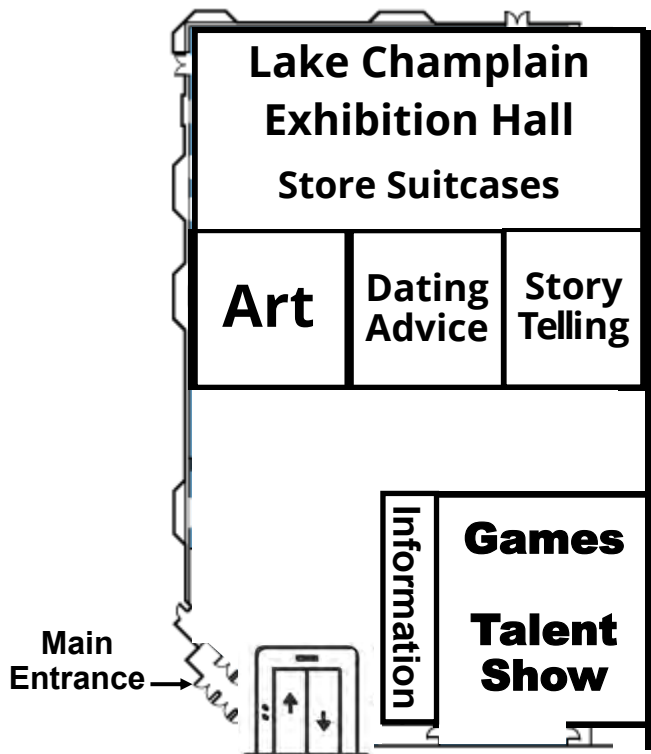
6:30



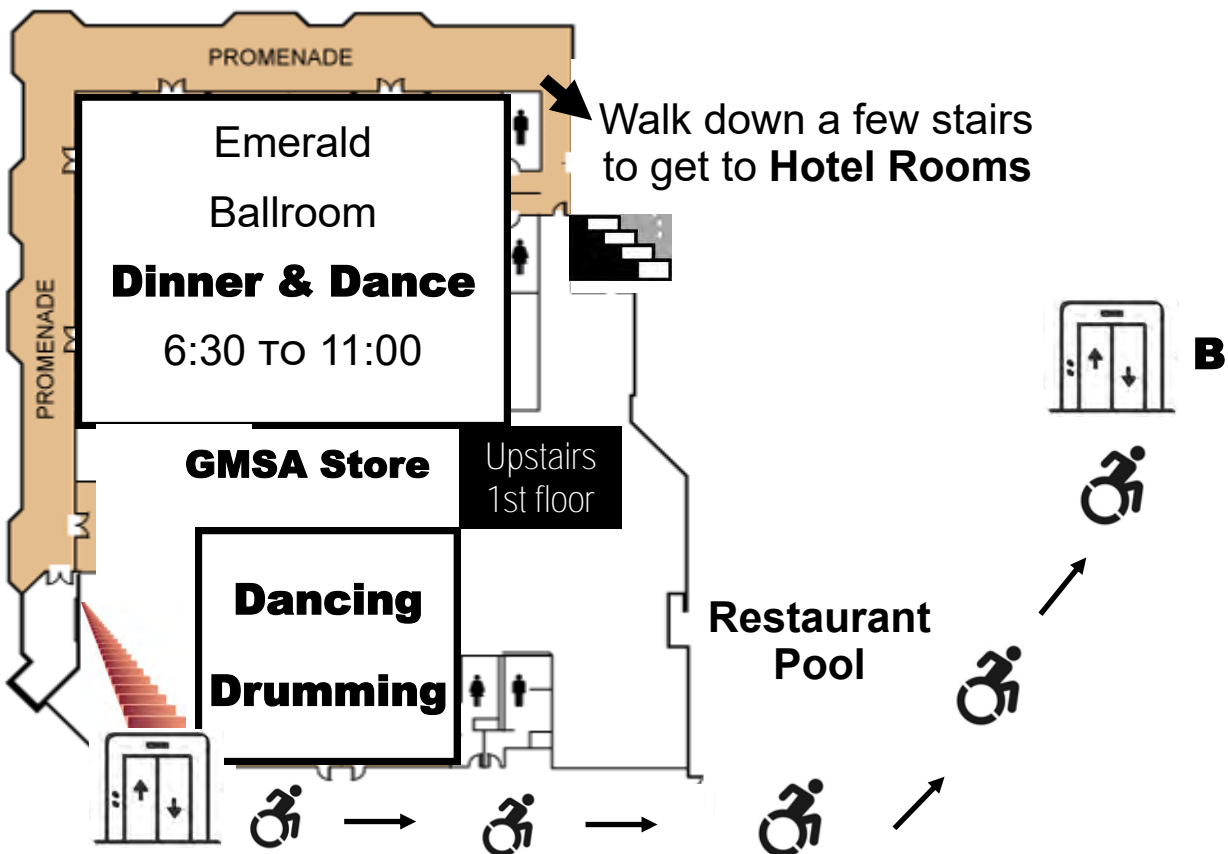
Dance in Emerald Ballroom

8:00 - 11:00

Map to Monday Events



GROUND FLOOR



Workshops on Monday Afternoon

Art Workshop



Drop in anytime

Our Self-Advocacy Wings

You will get a paper feather to paint and decorate however you like. When everyone is done, all the feathers will be put together to make a giant pair of wings on the wall.

These wings belong to all of us. They represent speaking up for yourself and lifting each other up.

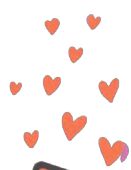
4:00 to 6:00
Exhibition Hall

Need Dating Advice?

Max says,
"I highly recommend Katherine as an awesome person to talk to!"



Katherine McLaughlin



Even though dating is hard to talk about, we always feel comfortable with Katherine!

She creates a safe space for us to ask questions and share our concerns.

4:00 to 5:00
Exhibition Hall

Telling Our Housing Stories



Ocean and Nicole believe everyone deserves choices and independence. In this workshop, you can write about both good and bad housing experiences. You can share your story on video if you want to. Everyone is welcome. No experience needed!



Drop in anytime



5:00 to 6:00
Exhibition Hall

Workshops on Monday Afternoon

Dance Workshop 4:00 to 5:00
Drumming Workshop 5:00 to 6:00
In Diamond Ballroom

Jeh Kulu Means Community!

Feel the Beat. Move Your Body.
Experience West Africa.

Get ready for something special! A traditional West African performance ensemble is bringing powerful music, vibrant dance, and rich culture to Voices and Choices.

This is a live experience you won't forget — full of rhythm, energy, and joy.

Come ready to move!



3:45 to 4:45
Amphitheater

Games with Kevin

In this workshop, we will play a fun game that feels like a TV game show. You can be a player or cheer from the audience. The game is called "Straight 4 the Win." It is fast, interactive, and full of surprises.



5:00 to 6:00
Amphitheater

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



Schedule for Tuesday ~ May 12



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

9:30 am

AI for All:

to

Using AI in Everyday Life
in Exhibition Hall

10:30 am



Morning **Workshops**

10:45 - 12:00 pm



Lunch in Exhibition Hall

12:00 - 1:00 pm



Local Self-Advocacy Group

Awards in Exhibition Hall

12:45 pm

Jeh Kulu

Dancing & Drumming

1:00 - 1:30 pm



Afternoon **Workshops**

1:45 - 3:00 pm

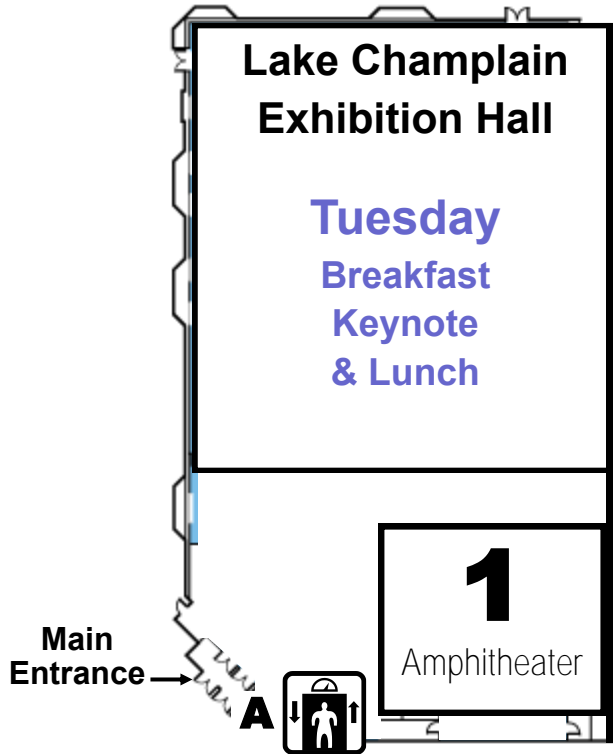


*Get Home Safe...Thanks for
Coming!*

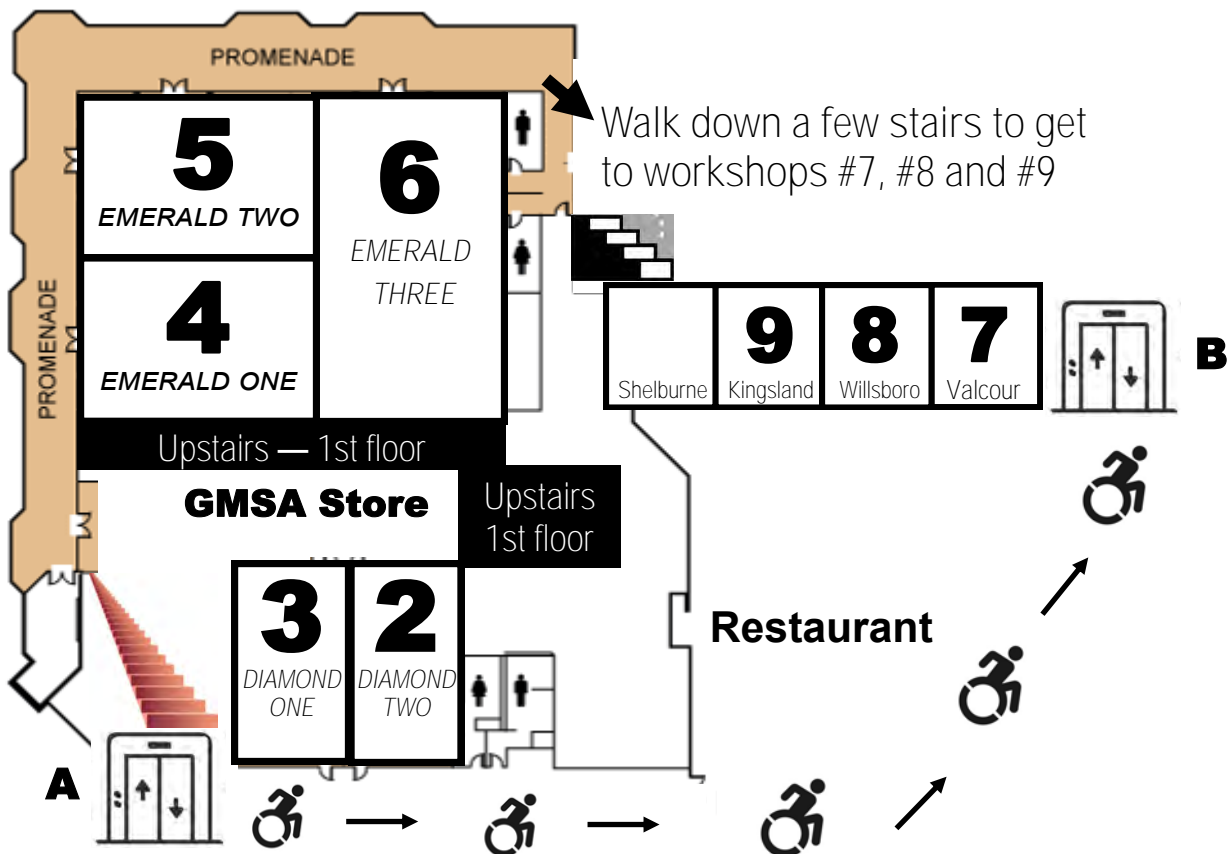
3:00 pm

Map to Tuesday Events

GROUND FLOOR



If you use a wheelchair and are going to Workshops #7, #8 and #9
 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)



Keynote Speakers—Tuesday at 9:30

AI for All: Using AI in Everyday Life



Katie Moore
Disability Advocate

Katie teaches people how to use technology to live more independently. She helped start the Tennessee Technology First Council. She shares her story online so others feel seen, included, and not alone. Katie has a disability, so she understands needing support and services.



Dr. Mark Friedman
Founder of MyTechForAll

Mark connects self-advocacy and technology to create more opportunities for everyone. His work helps people with disabilities to use technology on their own — so they feel more independent, respected, and in control of their lives. Since COVID-19, his team has trained over 6,000 people.



David Taylor
Motivational Speaker

*David is a speaker, author, and disability rights advocate from Phoenix. He serves on the board of TASH and trains people through Community Drive, Inc. He co-wrote *Beyond Tokenism*, which calls for more diverse leaders. His message is simple: everyone deserves a voice, choice, and a life with dignity.*



Dr. Ruthie Beckwith
Disability Rights Pioneer

Ruthie is a national leader in disability rights. As an advisor to People First of Tennessee, she helped self-advocates file lawsuits that closed 4 institutions and freed over 2,000 people. She later led TASH. In 2021, she taught Green Mountain Self-Advocates how to make plans that put people in charge of their own lives. Ruthie works every day so people with disabilities are included, respected, and heard.

Lunch Performance on Tuesday



Jeh Kulu Means Community!

Feel the Beat. Move Your Body.

Through music and dance, people of all ages and abilities can experience West African culture. Dance and music are part of daily life. They are used to celebrate birth, death, marriage, the harvest, and other important life events. In Jeh Kulu's performances, we will create a sense of community. Following African traditions, we invite the audience to join us in dancing, making music, and singing.

Morning & Afternoon Workshops with Keynote Speakers

Using AI for Self-Advocacy and Everyday Life—Workshop #6

Want to learn how to use AI? This hands-on workshop will help you get started. AI is a tool that can help with everyday life, self-advocacy, and getting things done.

You will see real examples from self-advocates using AI. You will also practice using AI on your own phone, tablet, or laptop. We will have helpers at each table to support you. In this workshop, you will learn how AI can help you:

- Speak up and share your ideas
- Plan meetings and make social media posts
- Ask questions and get information
- Build confidence using new technology



Bring your phone, tablet or laptop if you have one. No experience is needed. Come learn, practice, and discover how AI can work for you.

Tuesday Morning Workshops

1 Find Your Voice with AI

Amphitheater



Learn how a computer tool called AI can help people who type to speak have their own voice. You will hear from three people who use AI to talk and to speak up for themselves and others. Then, as a group, we will use a free tool called ElevenLabs to record and build your very own digital voice.

Conor Cleveland, Kris Medina, David D'Muhala, Harvey Lavoy, Shasta Fowler, and Mike D'Muhala

2 Friends and Partners: Meeting New People

Diamond Two



Many people with disabilities feel lonely. Like everyone, they want friends or a partner. Meeting new people can be hard. You may not know what to say, or you might move too fast and scare someone away.

Join us to practice how to start a conversation and keep it going. You will also learn how to talk in ways that help build friendships. Come practice, have fun, and build your confidence!

Katherine McLaughlin and Heather Raymond

3 We Rock It in the Workplace

Diamond One



Do you want to get a job, do well at work, and feel good about yourself? This fun, hands-on workshop is for you! Watch short skits about real work situations—like job interviews, tough coworkers, and asking for help. Then we talk as a group.

You will learn how to get a job, handle problems, and leave a job the right way. Build your confidence and learn skills to find and keep the right job.

Katharine Bruenig, Evan Cross and Alex Tupper

4 Know Your Rights – Speak Up!

Emerald One



In this fun workshop, you will learn 7 key rights when you get services. You will practice speaking up for yourself. In role plays, you will stand up for your rights, even if others do not agree. Peer Trainers will teach using videos, games, role plays and group talks. By the end, you will feel more confident and learn how to help others understand and respect your rights.

Emily Anderson, Chad Cleverley, Thad Dutil, David Frye, Patrick Sumner, Sean Zapolski

Tuesday Morning Workshops

Emerald Two

5 Sharing Our Stories

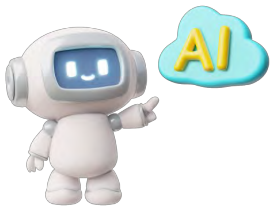


Learn how to connect with others by making posters about their interests and experiences. You will create your own poster using markers and collage materials. You will also learn simple tips for speaking in front of others and sharing what matters to you. Come be creative, build confidence, and share your ideas!

Carol Cole, Debby Demars, Doreen Mason and Anna Kremer

Emerald Three

6 Using AI for Self-Advocacy and Everyday Life



Want to learn how to use AI? This hands-on workshop will help you get started. AI is a tool that can help with daily life, speaking up for yourself, and getting things done. You will see real examples from self-advocates using AI. You will also practice using AI on your own phone, tablet, or laptop. Helpers will be at each table to support you.

Ruthie Beckwith, Mark Friedman, Katie Moore, David Taylor

Valcour

7 What It's Like to Be a Health Messenger

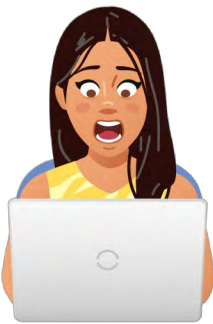


Join Special Olympics Health Messengers Taylor Terry and Kate Bove for a fun and interactive session! You will learn why eating healthy and drinking water matters for your health. You will also practice how to speak up at doctor visits so your voice is heard. Get ready for games, conversation, and role play.

Kate Bove, Alex Gilman and Taylor Terry

Willsboro

8 Stay Safe Online and Get Rid of Bullies!



The internet can be fun — but it is important to stay safe and not get scammed. In this workshop, you will learn how to protect your personal information, use AI tools safely, and what to do if someone is mean to you online. Everyone is welcome!

Max Barrows, Caroline Gillen, Shae Martin, Patrick Willis

Kingsland

9 Living On My Own For 25 Years



What I've Learned from Living on My Own Since 2001:

- My experience living with different roommates
- How to find and use resources in the community
- How to use public transportation (if there is a bus near you.)

Tim Ditcheos

Tuesday Afternoon Workshops

1

How to Train your Staff to Not be a Dragon

Amphitheater



Do your staff really listen to you? Do they treat you with respect? Learn how to speak up when staff treat you unfairly. Sometimes people act like you cannot think for yourself. This is not okay. You will learn three steps: notice it, trust yourself, and speak up. You will practice what to say in real-life situations and build your confidence. Come have fun and find your voice!

Patty Gibbons, Sherri Dunn and Jacob Weber

2

Love, Relationships, and Speaking Up

Diamond Two



People with disabilities have the right to love and be loved. We are often left out of talks about relationships and sexuality. Sometimes people act like these things do not apply to us—but they do. In this workshop, you will learn how to:

- Say what you want and what you do not want
- Speak up for your right to have love in your life
- Get the information you need to make good choices

You will practice speaking up and keeping healthy relationships.

Katherine McLaughlin, Randy and Jana Lizotte

3

Triggers! Triggers! Triggers!

Diamond One



Do you ever feel angry, scared, or upset — and you're not sure why? Those feelings are called **triggers**. Everyone has them!

In this workshop, you will:

- Find out what your triggers are
- Learn to spot when someone else might be triggered
- Practice easy skills to help you stay calm

Please know: Because we talk about triggers in this class, some things we discuss might bring up strong feelings.

Brittany Horton, Erica Rocheleau and Timothy Wills

4

Your Rights in Shared Living Homes or Any Place Run By an Agency

Emerald One



Find out about your rights if you live in shared living or a place run by your agency. We will use videos, games, and role plays to make learning fun. You will practice speaking up for your rights in real-life situations. We need to speak up even if others do not agree with us. By the end, you will feel more confident so others listen and respect you.

**Emily Anderson, Chad Cleverley
Bea Clarke, Tim Ditchcos, Jon Fitzgerald, Alice Goltz, Ocean Streeter**

Tuesday Afternoon Workshops



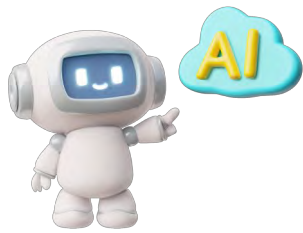
5

Accessibility with Alexa and Apple

Emerald Two

Learn easy ways to use your iPhone, iPad, and Alexa to make daily life easier and more independent. We'll show videos of people using these tools in real life. You can try things out, share what works for you, and learn from others. This is a hands-on workshop where your ideas help guide what we do.

AJ Adams, Holly Micklas and Amy Stowell



6

Using AI for Self-Advocacy and Everyday Life

Emerald Three

Want to learn how to use AI? This hands-on workshop will help you get started. AI is a tool that can help with daily life, speaking up for yourself, and getting things done. You will see real examples from self-advocates using AI. You will also practice using AI on your own phone, tablet, or laptop. Helpers will be at each table to support you.

Ruthie Beckwith, Mark Friedman, Katie Moore, David Taylor



7

Think College Vermont at UVM!

Valcour

Join a panel of Think College students at UVM, current and past. We will share what college is like for students with intellectual disabilities and answer your questions. We will do fun role plays about college life. Guests will share other Vermont college options, including SUCCEED and College Steps programs.

Austen Babcock, Bryan Dague, Hope Duffy, Taylor Terry and Erin Watson



8

LGBTQIA Pride

Willsboro

LGBTQIA people with disabilities exist. In this workshop, people with disabilities that identify as LGBTQIA and allies get to come together for support. You can share what it's like to be LGBTQIA with a disability in a safe place. We will also do a "rocks" activity to learn about the problems LGBTQIA people with disabilities may face.

Thomas Caswell, Jeff Coy and David Frye

EVERYBODY'S GOT A

RIGHT TO

LIVE

RIGHT TO

LOVE

RIGHT TO

DREAM

RIGHT TO

WORK

RIGHT TO

LEARN

GREEN MOUNTAIN SELF-ADVOCATES