Green Mountain Self-Advocates
Voices and Choices Conference

We ALL Belong!
Learning to Live Together

May 15 & 16 2017

Vermont's 19th Annual Self-Advocacy Conference
If you use a wheelchair and are going to Workshops #8, #9, #10 or #11, 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 #8, #9, #10 or #11.

Monday
Art Workshops

Tuesday
Breakfast, Keynote & Lunch
Schedule for Monday ~ May 15

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 4:00 - 6:00 pm
- Painting
- Tissue Paper Stained Glass
- Drawing
- T-shirt Design

Learn Dance Moves To Be in a Flash Mob in Exhibition Hall 4:00 - 5:00 pm or 5:00 - 6:00 pm

Air Guitar in Diamond 4:00 - 5:00 pm

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

Dinner in Emerald Ballroom 6:30 pm
- GMSA Ally of the Year Award

Dance in Emerald Ballroom 8:00 - 11:00 pm
Fairy and Demon Drawing Workshop

Yes! We ALL belong. We all have a purpose to be here. And, believe it or not, what's difficult in your life has a purpose too. These difficult DEMONS help guide you if you get to know them.

In this workshop you'll give your Demons a name, you'll draw them and then you'll think of what your best step forward is to deal with them.

Guess what?! After doing this you'll feel lighter and can then draw what's positive in your life; your FAIRIES. Come join us. Emily makes this fun and easy.

No drawing experience is needed.

Tissue Paper
Stained Glass

Make colorful creations for your windows. We call them “stained glass,” because their true beauty comes alive when the sunlight shines through them. Do this workshop with Gina 4:00 to 6:00

She will show you how to do it!

Design a T-Shirt
With Mike
4:00 to 5:30
Music Workshop  Monday Afternoon

**FLASH MOB**

2 sessions  
4:00 to 5:00  
5:00 to 6:00  
Exhibition Hall

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 Flash Mob on Tuesday at lunch!

**Rockin' Air Band Fun!**

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

ROCK OUT!

Diamond Ballroom

**Talent Show**

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

May not be time for more.

2:00 to 3:00  
5:00 to 6:00
Keynote Speakers

**Ambar Pradhan** lived in Bhutan for 31 years before he and his family were forced to leave. He went to Nepal where he lived in a refugee camp for 21 years. He now lives in Burlington with his wife and 3 children. He said, “I lived an oppressed life for a long time. Now I see the hope of a new and good life ahead.”

**Indra BhattaraiGurung** was born in Bhutan. She does not speak or hear. Since she has been living in Burlington, she has been learning American Sign Language. She is a single mother who has one daughter. She loves to cook and has started to work at a store called Ten Thousand Villages.

**Chuda Karki** uses Nepali and American Sign Language. When he was 9 years old he was forced to leave Bhutan with his family members. He lived in a refugee camp in Nepal for 21 years. Today he lives with his wife and two children in Burlington. He has a job fixing bikes at Old Spokes Home in Burlington.
Breakfast for Hotel Guests 7:00 - 8:00 am
in Exhibition Hall

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

KEYNOTE 9:30 am
We ALL Belong
To

Ambar
Chuda
Indra

Morning Workshops 10:45 - 12:00 am

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

★ Lt. Governor David Zuckerman 12:30 pm
★ Theresa Wood Citizenship Award To
★ Local Group Annual Awards

Can’t Stop This Feeling 1:30 pm
Flash Mob

Afternoon Workshops 1:45 - 3:00 pm

Get Home Safe...Thanks for Coming! 3:00 pm
### Tuesday Morning Workshops

#### 1. Catching The College Buzz

**Taking a class on a college campus is a great way to build confidence.**

Come meet self-advocates who have followed their dreams of going to college. They will share stories about getting around campus and how to take a class on-line.

*Stirling Peebles, April Hartley and Nicole Villemaire*

#### 2. Once Upon a Time...

**How To Stand Up and Tell Your Story!**

Are you interested in presenting at schools? In this workshop, Sam Drazin, from Changing Perspectives will give you a recipe on how to create a powerful presentation. Get tips on public speaking. You will have time to start planning a presentation and practice with others. We each have a unique story to share. By sharing our triumphs and struggles with others we can empower ourselves and promote a greater awareness of differences to others.

*Sam Drazin, Pam Brown, CK Kelly, Herman Goldberg & Lisa Martel*

#### 3. Getting Out and About:

**How to Get the Most Out of What Your Community Has to Offer!**

There are so many ways to be part of your community! You can volunteer, take college classes, go to the gym, or spend time with friends. This workshop will teach the four big tips you need to know to help you be more involved in your community.

*Jennifer Sulewski, U Mass Boston and Max Barrows*

#### 4. Advocates Act

Join Students from Spaulding High School Self-Advocacy Theater Program for fun theater activities. Learn how to express yourself with Improv and Theater games.

*Chris Colt, Molly White, Jesse Bryons, Dominic Hutchins, Kaelyn Shannon, Rachel White, Tyler Edson, Jessica Jones and Kyairm LaRochelle*

#### 5. Bullying Prevention: Meet Lizzie

Ever witnessed someone getting bullied and wished there was something you could say or do to brighten their day? It is time to speak up. Now when you see online bullying, there’s something you can do about it. The “I am a Witness” campaign shows you how to take action. Learn how to use emojis to stop bullying and show kindness to someone who is being hurt by cyber bullying.

*Karen Noone, Shae Martin and Nicole LeBlanc*
Tuesday Morning Workshops

Take A Walk In Our Shoes: Include. Belong. Learn!
The Washington County Communication Alliance will share their personal stories about what it’s like to not be able to talk and using supported typing to communicate. They will provide an inside-out look at what it’s like to be included, to belong, and to learn how to speak up for themselves.

Tracy Thresher, Scott Brodie, Kris Medina, Kyle Moriarty, Conor Cleveland and Maleia Darling

11 Years! Still Going Strong. How To Keep A Job And Love What You Do
Mark has been employed for 11 years with his current employer and would like to share how he has successfully done this. He will share tips for dealing with difficult work situations that may arise, tips for keeping your employer happy with you, and most of all how to take pride in the job you’re doing.

Mark Manning and Amy Smith

Ouch! He Bit Me!
Have you been bitten by a dog? Are you afraid of dogs in your neighborhood? Self-advocates will share safety tips and show you how to read a dog’s body language. Avoidance or Approach? The more we know about dogs, the less of them will end up in shelters.

Raymond Gordon, Carol Cole, Deb Demars and James Gamble

Communication And Relationships 101
You will learn communication skills that help strengthen and deepen any relationship. Plus, how to have meaningful relationships with friends, family and a partner.

Christian Georges, Jill Collingwood, Jacob Weber

Do You Want to Be Your Own Guardian?
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, and solving some of the problems that lead to guardianship. Sam Parizo will share her story about how she became her own guardian.

Nancy Breiden, Disability Law Project and Sam Parizo
<table>
<thead>
<tr>
<th>Time</th>
<th>Room</th>
<th>Workshop Name</th>
<th>Description</th>
<th>Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00</td>
<td>Video Star</td>
<td>Lights, Camera, Action! Self-Advocates on the Big Screen</td>
<td>GMSA has made 6 videos about the lives of self-advocates. We will show you clips from three videos. You will meet the stars of the videos. We will do an exercise that prepares you to tell your own life story.</td>
<td>Stirling Peebles, David Frye, Tiffany Martinez and Meghan Lamoureux</td>
</tr>
<tr>
<td>2:30</td>
<td>Diamond Two</td>
<td>The Not So Newlywed Game</td>
<td>This workshop is for couples and for people who are hoping to be in a serious relationship someday. Gay, Straight, Married: All are welcome. The audience will work in small groups to come up with funny and serious questions to ask couples.</td>
<td>Randy and Jana Lizotte</td>
</tr>
<tr>
<td>3:00</td>
<td>Diamond One</td>
<td>Listen up! Listening Session</td>
<td>A listening session is one of the best ways to hear people’s stories and give them feedback.</td>
<td>John Kramer and Max Barrows</td>
</tr>
<tr>
<td>4:30</td>
<td>Cartleton</td>
<td>Rainbow Flag</td>
<td>Have you ever seen a rainbow flag? Do you know what it means? Work together with members of the LGBTQ People with Disabilities Network to create a rainbow flag. The group will share ways we all can be supportive and welcoming of self-advocates who identify as LGBTQA.</td>
<td>Becca Camp, David Frye and Josh Queeneville</td>
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<tr>
<td>6:00</td>
<td>Emerald One</td>
<td>Healthy Living: The Whole Package</td>
<td>We want to share with you the importance of adopting a body, mind, and spirit approach to health. We’ll talk about eating healthy, exercising, getting enough sleep and drinking water. You’ll get to see firsthand how fun and rewarding it is to find your inner peace, have goals and celebrate your successes.</td>
<td>Marjorie Burns, Danielle Viau and Jacob Weber</td>
</tr>
</tbody>
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### Tuesday Afternoon Workshops

#### Using iPad Technology for Employment in the 21st Century

Participants will learn about the different ways that iPads and smartphones can be used to support a person in the workplace. We will demonstrate examples of apps that can help people increase their communication with co-workers, manage daily schedules and work tasks, and increase their independence on the job. Presenters will share their on-the-job experiences with using iPads.

**Pascal Cheng and Succeed Students**

#### Celebrating The Agencies That Assist Us In Fulfilling Our Potential

Champlain Community Services is celebrating its 50th birthday. This presentation reminds us of the past, celebrates our present and gives an opportunity to define our dreams for the future. There will be lots of interactive moments and group discussion.

**Champlain Voices**

#### Pay Yourself First!

**Open An Able Bank Account**

Wow! Have you heard about ABLE Accounts? Now you can save thousands of dollars and not get in trouble with social security or Medicaid or lose other benefits you count on. We will teach you how to open an ABLE account. Learn how this new program can change your life. But there are rules. We will share some tools for how to budget and save money.

**Kirsten Murphy and Nicole LeBlanc**

#### Legal Clinic #1

The legal clinic will give participants a chance to spend 25 minutes with a lawyer to answer individual 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

#### Legal Clinic #2

The legal clinic will give participants a chance to spend 25 minutes with a lawyer to answer individual 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
A heart-felt thank you from GMSA to the Vermont Developmental Disabilities Council for sponsoring our conference and for funding conference scholarships!
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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 Silver Sponsor

Thank you, Green Mountain Self-Advocates, for your commitment to helping individuals with developmental disabilities live more fulfilling lives. We are grateful for the work you do to educate and raise awareness about the strengths, rights, wants and needs of people with developmental disabilities.

www.howardcenter.org

CDCI envisions a future where all people, including people who experience developmental and other disabilities, are fully included in their home, schools, and communities. We envision a future in which supports and services are available across the span of life, leading to interdependence, self-determination, and inclusion.
A Tribute to 2017 Award Winners

Advocate of the Year:
CK Zilsk
Ally: Wayne Snow

Advocate of the Year:
JOSH DUMAIS
Vermont Choices
Ally: Jacqueline Beer

Advocate of the Year:
Mary Lafountain
Wild Hope Advocacy Group
Ally: Tammy Zalubski

Advocate of the Year:
Sheridan Davis
Ally: Linda Belval

Advocate of the Year:
Laura Lane
Ally: John JR Robinson

Advocate of the Year:
Samantha Shorem
Ally of the Year:
Scott Verzilli

Advocate of the Year:
Amy Guinard
Ally:
Jennifer Dillworth

Advocate of the Year:
Chantae Samuels
Ally:
Susan Climente

Advocate of the Year:
Donna Corkins
Ally:
Brenda Lanou

Advocate of the Year:
Wild Hope Advocacy Group
A Tribute to 2017 Award Winners

**COPS**
Advocate of the Year:
Cristy Golec
Ally: Bart Mair

**Capitol Advocates Together**
Advocate of the Year:
Patrick Willis
Ally: Karen Noone

**Rockin' Advocates of Central Vermont**
Advocate of the Year:
Rachel White
Ally: Tricia Petraro

**NEXT STEP Self Advocates**
Advocate of the Year:
Alex Casavant
Ally: Amy Anderson

**Windsor Self Advocates**
Advocate of the Year:
Tesha Thibodeau
Ally: Mary Ruffing

**Communication Alliance**
Advocate of the Year:
Kyle Moriarty
Ally: Rachel Johnson

**Champlain Voices**
Advocate of the Year:
Greg Haskins
Ally: Colleen Morgan-Fossi

**Bridging Advocates Together**
Advocate of the Year:
Marlene Serwili
Ally: Rob Pitone

**LGBTQA Support Groups**
Advocate of the Year:
Becca Camp
Ally: Kristen Wade
The GMSA Ally of the Year is the Vermont Family Network

The 2017 Ally of the Year Award will be presented to the Vermont Family Network (VFN) 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. VFN has been a great partner to GMSA on Health Care training projects and the Vermont Leadership Series! They are wonderful collaborators who bring great enthusiasm to working with self-advocates. They are respectful and open to new ideas and as one self-advocate put it, “they really accept the mission of GMSA.” We thank them for their excellence and for their willingness to always help us see things through the eyes of a parent or family member!

Theresa Wood 2017 Citizenship Award

Raymond Gordon uses his deep passion, friendly nature, and ingenuity, to bring people together. Despite challenges he has faced, he has tremendous strength to persevere. He is a leader who steps up without any hesitation.

Stirling Peebles makes amazing videos. She was picked as one of VT Business Magazines' 2016 "Rising Stars" of Vermonters under 40. Stirling has created a Facebook page called the Employment Corner. She spends hours each day posting great news about people with disabilities working.

Dan Dutton paints a picture in his imagination and has the power to put into words what he is thinking so it is easy to understand. Dan does NOT let is disability get in the way of living a full enriched life which says he is a determined individual.

Dana was recognized by the UVM Medical Center for 20 years of volunteer work! She has walked to and knows every corner of the hospital like the back of her hand. She says, “I like seeing the people and they like seeing me. I need to be there.” She is very dedicated to her volunteer work, knowing that what she does makes a difference.

The 2017 nominees are:
Join A Local Group!

- Next Steps Self-Advocates
- GATSA: Getting Acquainted Through Self-Advocacy
- SAVY: Strong Advocacy Voices & You
- Vermont Choices
- Champlain Voices
- Capital Advocates Together
- Rockin’ Advocates of Central Vermont
- Burlington Self-Advocacy Club
- Communication Alliance
- Friends Helping Friends
- Strong Wings
- Randolph Area Peer Support
- Connections of Peer Support
- Self-Advocates Becoming Empowered of Rutland
- Windsor Self-Advocates
- Dream Catchers
- Advocates for Action
- Wild Hope Advocacy Group
- Bennington Peer Support

Local Self-Advocacy Contacts

Call Max
1-800-564-9990
Max can tell you how to connect with a self-advocacy group near you.
Our conference logo was designed by artist, Gina Carrera. Thank you Gina for your original contribution of beauty to our annual celebration of self-advocacy. Your painting expresses the true meaning of We ALL Belong.

Thanks to Emily Anderson of Bluebird Fairies! Green Mountain Self-Advocates appreciates the fun and love you bring to our conference every year!