GMSA celebrating 20 Years of our Voices and Choices Conference

May 14 & 15 2018
Map to Find Workshops

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 to get to workshops #8, #9, #10 or #11.
Schedule for Monday ~ May 14

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 Banners
✿ Card-Making Workshop

Star in a Video About Voices and Choices Conferences 4:00 - 5:00 pm

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

Flash Mob Practice in upstairs hall 4:30 - 5:30 pm

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

Dinner in Emerald Ballroom 6:30 pm

☆ Theresa Wood Award

Dance in Emerald Ballroom 8:00 - 11:00 pm
Art Workshops on Monday Afternoon

**Painting Banners and Flags**

We need your help! Work with two amazing artists to design and paint banners and flags about the Voices and Choices Conference.

No experience is needed. Stop by to paint... anytime

**Card-Making Workshop**

Learn how to make cards. Tesha will explain how you can earn money from selling cards at craft shows.

**Star in a Video!**

Tell us why the Voices and Choices conference is important to you!

**THE DATING GAME**

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

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[Card Making Workshop] Learn how to make cards. Tesha will explain how you can earn money from selling cards at craft shows.

[Painting Banners and Flags] We need your help! Work with two amazing artists to design and paint banners and flags about the Voices and Choices Conference.

[Star in a Video!] Tell us why the Voices and Choices conference is important to you!

[The Dating Game] Winners share a prize dinner date at Monday’s conference banquet.
Voices and Choices Conference

Music Workshops on Monday Afternoon

FLASH MOB

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!

Practice session
4:30 to 5:30 upstairs hall
It is marked on the map.

Rockin' Air Band Fun!
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

20 people have signed up for the Talent Show. Come cheer your friends on! There may not be time for more.
Emily Ladau is a passionate disability rights activist, writer, speaker, and digital communications consultant whose career began at the age of 10, when she appeared on several episodes of Sesame Street to educate children about her life with a physical disability. A native of Long Island, New York, Emily graduated with a B.A. in English from Adelphi University in 2013. In 2017, she was named as one of Adelphi’s 10 Under 10 Young Alumni. She is dedicated to harnessing the powers of communication and social media as tools for people of all abilities to become informed and engaged about disability and social justice issues.

Emily serves as the Editor in Chief of the Rooted in Rights Blog, a platform focused on disability rights issues. Additionally, Emily runs a business through which she both manages and provides consultation services regarding online presence and communications for disability-related organizations.

More about Emily’s work can be found on her website, Words I Wheel By, and her writing has been published on websites including The New York Times, SELF, Salon, Vice, and Huffington Post. Alongside her work as a writer, Emily has spoken before numerous audiences, ranging from a panel about the 25th anniversary of the Americans with Disabilities Act at the U.S. Department of Education, to the occupational therapy program at New York University.

Emily also serves on the board of the National Council on Independent Living, an organization dedicated to advancing the rights of the disability community.
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
Emily Ladau 9:30 am to 10:30 am
Self-Advocacy: Finding My Voice

Morning Workshops 10:45 - 12:00 am

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

GMSA Ally of the Year Award 12:30 pm to 1:30 pm
Local Group Annual Awards

I Feel Better When I'm Dancing Flash Mob 1:30 pm

Afternoon Workshops 1:45 - 3:00 pm

Get Home Safe...Thanks for Coming! 3:00 pm
Nutrition is Our Mission

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.

Bethany Yon and Allie Perline from the Health Department
Lori Jones and Josh Adams from GATSA

Anti- Bullying Workshop

What bullying looks like, what to do if you see it, and what to do if it’s happening to you.

Catherine Jones, Joel Bertelson and 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, plus help with solving some of the problems that lead to guardianship.

Barb Prine and Rachel Seelig, Disability Law Project

Researchers Can Be Self-Advocates

Learn about research that self-advocates are doing. We need your ideas. We will do role plays, mock interviews and have fun. We want you to actively participate in this workshop. Self-advocates can work with researchers to lead studies.

Stirling Peebles, Nicole Villemaire and Jesse Sutter from UVM

Being in the Mix: Learning to Socialize, Do the Things You Love, and Live Your Best Life!

Learn how we found success by "getting into the mix." In spite of our challenges with communication we have developed relationships doing the activities we love. We will show short videos of us painting, swimming, eating out and more. There will be an activity after each video. We can do anything we set our minds to. And, so can you!

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

Shining on Screen: Using Video to Tell Your Story

Videos are a popular way to share information on social media. Emily will share tips for making videos that make your voice shine for self-advocacy. You will think about ideas for videos and will have a chance to film your own advocacy message.

Emily Ladau ~ Our Keynote!
<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop Title</th>
<th>Location</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Advocates Act</td>
<td>Emerald Three</td>
<td>Join students from Spaulding High School’s Self-Advocacy Theater Program for fun, interactive theater activities! Learn how to express yourself with improv and acting games. Chris Colt, Molly White, Jesse Bryans and Kaelyn Shannon</td>
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<tr>
<td>8</td>
<td>Fire Safety</td>
<td>Shelburne</td>
<td>What does fire safety mean to you? Do you know the different types of fire? Do you know what to do in case of a fire? In this workshop, you will learn about: fire tools, prevention, how to eliminate hazards, having an action plan, and more. You will learn life-saving skills and how to advocate for yourself and others when it comes to fire safety. Amy Stearns</td>
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<tr>
<td>9</td>
<td>Ouch! He Bit Me!</td>
<td>Kingsland</td>
<td>Have you ever 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? When we know more about dogs, fewer dogs end up in shelters. Deb Demars, Carol Cole and Marilyn Shank</td>
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<tr>
<td>10</td>
<td>BABIES, KIDS, AND TEENS! Oh My!</td>
<td>Willsboro</td>
<td>What are we to do when we find them in our lives? Come learn some tips for when you are spending time with babies and children. Kaiya Andrews, Hillary Christian and Karen Noone</td>
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<tr>
<td>11</td>
<td>How To Be Mortgage Ready!</td>
<td>Valcour</td>
<td>Participants will learn about a Section 8 program that can help you save money for a down payment and other housing expenses. We will discuss the importance of setting up ABLE accounts if you are planning to buy a house. We will do activities to learn to budget and save money. We will make a timeline for all the steps to be ready to get a mortgage such as going to housing workshops and working with housing agencies. Jay Lafayette and Tamara Ulman</td>
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I Want to Type With Tracy but He’s Not Here, Nuts!
Join self-advocate, movie star, and peer mentor Tracy Thresher and his good friend Martin Markwell, to learn how Tracy helped Martin find his voice through mentoring and typing. Martin spent most of his life without a voice and after learning to type he has been able to make food choices, vacation and holiday plans, and medical decisions.

Tracy Thresher and Martin Markwell

Podcasting Power: Be the Star of Your Own Show
Listening to podcasts is a popular hobby. How about recording your own? Learn what a podcast is. Learn how to make your own show. This workshop will go over tips and tricks for making your own show and getting people to listen to it. We will brainstorm ideas for your podcast and practice some important parts of the recording process, like introducing yourself and sharing what your show will be about.

Emily Ladau Our Keynote!
**Tuesday Afternoon Workshops**

### 7. The Sister Act Reboot

**Emerald Three**

Siblings rule! Come meet the Peebles Sisters and learn to connect with your sibling (even over long distance!). We will do a role-plays and personal project and about how siblings can support each other to reach their dreams!

Skye Peebles and Stirling Peebles

### 8. Health Awareness with Focus on Special Health Concerns

**Shelburne**

The leaders will discuss being healthy as an overview and then focus on more specific health concerns like living with diabetes and breast cancer awareness.

Marjorie Burns, Danielle Viau and Jacob Weber

### 9. Legal Clinic #1

**Kingsland**

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

**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

### 11. Enriching your life through Volunteering

**Valcour**

There are many opportunities for people with disabilities to volunteer in our communities that can enrich our lives in many ways.

Raymond Bapp and Robert Bushman
Thanks to Our Super Advocate Sponsor

GMSA says, “Thank you!!!!”

Strength in Collaboration!

We are proud to share a mission for full inclusion of people with developmental disabilities!
Thanks to Our Super Advocate Sponsor

DAIL supports GMSA’s ongoing efforts to promote self-advocacy for people with developmental disabilities.
CDCI is proud to sponsor the 20th Annual Voices and Choices Conference. Our partnership with GMSA over the last 20 years has helped us to serve people with a wide range of abilities in the areas of education, research, and service related to the needs of people with developmental disabilities. We look forward to continuing our work towards a shared vision of a future where people with disabilities help design and have access to culturally competent community supports and services leading to self-determination, independence, productivity, and inclusion in all parts of community life. For more information about CDCI, please visit www.uvm.edu/cdci or connect with us on Facebook and Twitter and CDCIatUVM.
Thanks to Our Platinum Sponsor

People with disabilities working together for dignity, independence and civil rights

Congratulates GMSA on

Years of Making Change!

Founded in 1979, VCIL is a statewide, nonprofit organization directed and staffed by individuals with disabilities. VCIL supports the rights of individuals with disabilities to live with dignity in their own homes, fully participate in their communities and to make decisions about their own lives.

For more information and to see if VCIL can help you call: 1-800-639-1522 or visit www.vcil.org
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
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.

Learn more about our work at www.howardcenter.org. 802-488-6000

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

Thank you GMSA for supporting our local self-advocacy groups
"Thank you GMSA for putting on an amazing conference for the last 20 years!"

"Congratulations on 20 years of Voices & Choices from your friends at the Vermont Workers’ Center!"

"Dedicated to advancing the rights of people with disabilities."
A Tribute to 2018 Award Winners

Advocate of the Year: Patty Grassette
Ally: Deb Turner

Advocate of the Year: April Hartley
Ally: Joanne Cyr

Advocate of the Year: JESSICA TRAVERS
Ally: Lisa Lynch

Advocate of the Year: Carol Patenaude
Ally: Francine Haywood

Advocate of the Year: Erik Johnson
Ally: Brenda Smires

Advocate of the Year: Tamara Davis
Ally: Mary Kasper

Advocate of the Year: Cheyenne Martin
Ally of the Year: Diane Hollenbach

Advocate of the Year: Mark Manning
Ally: Keith Manning

Advocate of the Year: Jenny Rainville

Advocate of the Year: Tamara Davis
Ally: Mary Kasper

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A Tribute to 2018 Award Winners

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

**Capitol Advocates Together**
Advocate of the Year: Renee Houle
Ally: Deb Reed

**Rockin’ Advocates of Central Vermont**
Advocate of the Year: Mercedes Fontes
Ally: Mandy Imburgio

**Communication Alliance**
Advocate of the Year: Owen Voss
Ally: Amy Anderson

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

**Presume Competence**
Advocate of the Year: Tracy Thresher
Ally: Erin Rose

**Advocate of the Year**
Richard Cummings
Ally: Julie
Kelly

**Advocate of the Year**
Paul Betz
Ally: Eva Griffin

**Advocate of the Year**
Faith DeFelice
Ally: Jesse Huntoon

**Advocate of the Year**
Thomas Caswell
Ally: Catrina Campbell
The 2018 Ally of the Year Award is presented to the Vermont Leadership Education in Neurodevelopmental Disabilities Program (VT-LEND) for their outstanding support of Vermont self-advocates, the mission of self-advocacy, and Green Mountain Self-Advocates. VT-LEND prepares leaders across the health and education professions to serve children with special health needs and their families. VT-LEND is dedicated to inclusion and making sure that people from all diverse language and cultural backgrounds, including people with disabilities, are part of the VT-LEND training program. This year they had their first self-advocate trainee in the program and partnered with GMSA to make their classes and trainings accessible for all people. They also work hard to make sure self-advocates are included as teachers and leaders, including hiring self-advocates to teach others how to educate policy makers in Washington, D.C. Above all else, they listen to self-advocates and strongly believe that people with disabilities are the real experts in their lives. We thank the VT-LEND for being such amazing allies to the self-advocacy movement and for always fighting for inclusion and respect on behalf of all people.

Lori Jones does an excellent job of teaching and modeling leadership to her peers. She steps back and shares the spotlight with others and is active in her community.

Danielle Viau volunteers at the hospital delivering flowers to patients and helps prepare and serves dinner at a local church.

Kimberly Palmer is dedicated to her group and to her community through Special Olympics.

Kaiya Andrews serves on the DD Council and speaks up at the state house testifying to the legislature. She is determined, even when times are tough.

Erik Johnson is a strong self-advocate for himself and others.

Rosie Dumais is a cheerful and friendly self-advocate and always has a positive outlook in life.

Robert Martin is very helpful and is a hard worker in his community.
Welcome to the 20th Annual Voices and Choices Conference

1998 to 2018

Free Sweatshirt
For the best photo taken at the 1998 Voices and Choices Conference!