Voices and Choices Conference

April 29 and 30, 2019
DoubleTree by Hilton
Burlington, Vermont

Hosted by
Green Mountain Self-Advocates
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 to get to workshops #7, #8, #9 or #10

Upstairs — 1st floor
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

Sing-Along in Exhibition Hall  4:00 - 5:00 pm

The Dating Game 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  6:30 pm

*Theresa Wood Award

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.

No experience necessary.

4:00 to 6:00
Exhibition Hall

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**Reach for the Stars**

Work with Gina to create this beautiful group art project.

4:00 to 6:00
Exhibition Hall

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**The Dating Game**

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

4:00 to 5:00
Amphitheater
Winners share a prize dinner date at Monday’s conference banquet. 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!

17 people have signed up for the Talent Show. Come cheer your friends on!
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.
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
Look Through Our Eyes
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 Lamoureaux, Jonathan Fitzgerald and Heather Raymond

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

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

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

How To Succeed At Work
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
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
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?
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
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 say "no". Join us for an honest discussion on how to date like a pro.

Max Barrows & Karen Topper

10 Gay Pride
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

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<th>Workshop</th>
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<td><strong>1. The Power of Think College</strong></td>
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<td><strong>2. Our Adventures in Cooking</strong></td>
<td>Diamond Two</td>
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<td><strong>3. Dancing with Your Agency Who Gets to Lead?</strong></td>
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<td><strong>4. Use Theater Games To Become a Better Leader!</strong></td>
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<td><strong>5. Nutrition is Our Mission</strong></td>
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### 1. The Power of Think College

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

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?

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!

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

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 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*
Wow! Want an African Pen Pal?
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

Living on My Own for 18 years
What it’s like living in the day to day. How to deal with everyday neighbors. How to use resources in your community.

Tim Ditcheos Stanyon

Thank You for Your Interest in the Abenaki Indians
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 breathe 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

Legal Clinic #1
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

Legal Clinic #2
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
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 (THAT’S US!) 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 and Email vtddc@vermont.gov
DAIL supports GMSA’s ongoing efforts to promote self-advocacy for people with developmental disabilities.

Thank you!
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

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

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."
Lamoille County Mental Health Services is a nonprofit organization providing quality developmental and mental health services to the Lamoille County area, enhancing independence and
A Tribute to 2019 Award Winners

- **Advocate of the Year**: Ashley Arlen
  - Ally: Rosie Emmons

- **Advocate of the Year**: Adam Mozdzierz
  - Ally: Nicole Daigneault

- **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**: Danielle Viau
  - Ally: Christine Scanlon

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

- **Advocate of the Year**: Jessica Travers
  - Ally: Heather Kent

- **Advocate of the Year**: Kyle Riopel
  - Ally: Sasha Murphey
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

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

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

Advocate of the Year: Hasan Ko
Ally: Kristi Kenney
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!

Theresa Wood 2019 Citizenship Award

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
25 YEARS of ADVOCACY