



Artwork by Jessica Levesque

Get Off the Bureaucracy Bus: Reinvest in Us!

**2019 WESTERN REGION
SELF ADVOCACY CONFERENCE
June 27th & 28th, 2019
Niagara Falls Convention Center
101 Old Falls St
Niagara Falls, NY**



2019 Western Regional Self Advocacy Conference Agenda

Thursday, June 27th, 2019

3:00 pm – 6:00 pm

Registration

Register for the conference and check-in to hotel

4:00 pm - 5:00 pm

Open Mic with The All Stars

5:00 pm - 6:00 pm

Dating Game with The All Stars

6:00 pm – 8:00 pm

Dinner Banquet

Keynote Speaker:

Orleans County Sheriff Randy Bower

8:00 pm – 9:00 pm

Karaoke Talent Open Mic

Meet the Conference Planning Committee

9:00 pm -11:00 pm

Dance Party- DJ Maranatha

Film Showing

Friday, June 28th, 2019

7:30 am – 9:30 am

Breakfast – Full, sit-down breakfast for everyone

8:00 am – 9:00 am

Registration

Register for the conference

9:00 am – 9:45 am

Opening Ceremony

Welcome and Invocation

Keynote: Chester Finn, OPWDD

10:00 am – 10:45 am

Session A workshops

11:00 am – 11:45 am

Session B workshops

12 Noon – 1:45 pm

Lunch Banquet

Keynote Speakers:

Self-Advocacy in Action TV Crew:
Making Our Own Media

Awards Ceremony

2:00 pm – 2:45 pm

Session C Workshops

Workshops Schedule

| Workshop | Presenter | Description |
|---|---|--|
| Session A - 10:00 am – 10:45 am | | |
| 1. How I Got My Job | Richard Hermanson, Sam Mattle | I got a job, and you can too! Includes info about resources and pre-employment training services with ACCESS-VR. |
| 2. It's Time to Love Yourself | Renee Christian | 10 tips on loving yourself so you can feel confident about who you are. |
| 3. Basics of Self Advocacy | Bobby Terry, Allen Fontane, Mike Rogers | Learn the basics of self advocacy |
| 4. Computer and Internet Safety | Luther St. Joy | How computers and smartphones can lead to issues when used unsafely, and how someone can avoid those issues |
| 5. Supportive Decision Making in New York State | Desiree Loucks-Baer | If Guardianship isn't the right answer for you, learn how Supported Decision-Making may help you to retain your rights and make you a better decision maker. |
| Session B - 11:00 am – 11:45 am | | |
| 6. Your Health is a Balancing Act | Kaylin Corbran | I will provide examples and visual demonstrations of each component of health: mental, spiritual, and physical. |

Continued on Next Page →

| Workshop | Presenter | Description |
|--|---|---|
| (Continued) Session B - 11:00 am – 11:45 pm | | |
| 7. Partnering with Families to Strengthen Advocacy | Kathy Bunce | Advocacy begins with a small step. We will talk about the journey, and find ways to strengthen the advocacy that matters to all people supported by OPWDD. |
| 8. Using A Smart Phone | Jonathon Doherty | How to use your smart phone to get the most out of it. |
| 9. The New FL Regional Advocacy Office | Marilyn Stata, Deanna McManus | Here are some new ideas through our office here in the Finger Lakes |
| 10. How to Talk to a Legislator | Caitlin Weir, Mike Rogers | Talking to your legislator is easier than you think, come join us for a roll play! |
| Session C - 2:00 pm – 2:45 pm | | |
| 11. SANYS Board | Arnold Ackerley, BJ Stasio, Carl Grayson, Tim Tompkins | Join SANYS Board members and Director for a conversation about the roles and responsibilities of SANYS Board members and the work that they do to represent you |
| 12. Zumba is for Everyone | Shelley Ball | Dance, rhythm, music, and exercise movements from around the world, taught in a way that people with all ability levels can participate |
| 13. CSA's Travel Tips | Andrew Marcum, Michelle Faygas | Tips on how to take public transportation, including PAL and Lifeline, and how to advocate. |
| 14. Understanding Managed Care | OPWDD | Learn about the new changes to come in the system |
| 15. Rights and Responsibilities | LEADERS SA Group | Know your rights and responsibilities |

2019 Western Regional Conference Registration
No registrations will be accepted after May 1, 2019

Instructions:

- 1) **Fill out one form for each person attending, including staff.** Walk-ins cannot be accepted. Direct Support Professionals must be registered ahead of time.
- 2) **Deadline: May 1, 2019**
- 3) **Register by mailing form to:**

SANYS Conference
C/O: Center for Self Advocacy
ATTN: Michelle Fagyas
2529 Delaware Ave.
Buffalo, NY 14216
- 4) **Make Check or Money Order payable to “SANYS” and mail with registration.**
- 5) **If you are registering a staff/support person, but do not know their name yet, fill out the form this way, Name: Staff for (first and last name of person they are supporting). Example: Staff for Mavis Appleblum.**
- 6) **A limited number of partial scholarships are available** on a need basis. To request a scholarship contact Sue O’Hearn at 585-461-8741 in the Finger Lakes Region or Sophia Roberts at 716-560-9307 in the Western Region.
- 7) **For people from Finger Lakes DDSO ONLY** – Fill out a paper registration form for staff and self advocates and send it to Contina Rice at the FLDDSO by April 19, 2019. She can be reached at 585-461-8671 or contina.l.rice@opwdd.ny.gov
- 8) **Make Hotel Reservations separately** by calling the hotel. There are two hotel choices:
 - **Quality Inn**, 240 First Street, Niagara Falls. (716) 282-1212
 - Rooms are \$109.65/night plus 15% tax = \$126.10 total
 - **Cut off date to register at this rate is June 14th**
 - Mention the Self Advocacy Association.
 - To reserve multiple rooms for a group, call and ask for Gina Cardinali
 - 9 accessible rooms, 2 roll-in shower accessible rooms- all with a King bed. If you need an accessible room, request it when you make your reservation.

More info on next Page →

- **Seneca Niagara Casino**, 310 Fourth Street, Niagara Falls. (877) 873-6322
 - Rooms are \$115/night + \$20 resort fee (includes parking, there is no tax) = \$135 total.
 - **Cut off date to register at this rate is May 28th**
 - Ask for the Self Advocacy Conference room rate
 - 14 accessible rooms, 4 roll in shower accessible rooms, no space under beds for hoyer lifts. If you need an accessible room, request it when you make your reservation.
- There are a number of other hotels in the area, most are close enough to the Convention Center to walk.

Other Fun Stuff to do while you are in Niagara Falls:

Discover Niagara Shuttle: For those who wish to explore outside of the downtown area, hop on the FREE, wheelchair accessible Discovery Niagara Shuttle. The shuttle departs from right outside of the Conference & Event Center and stops at these attractions: Whirlpool Jet Boat Tours (\$69.95), Niagara Jet Adventures (\$69.00), Old Fort Niagara (\$13.00), Niagara Power Vista (Free), the Underground Railroad Heritage Museum (\$10.00) and more!

The Niagara Falls USA Discovery Pass includes admission to Maid of the Mist, Cave of the Winds, Niagara Adventure Theater, Niagara Gorge Discovery Center, Observation Tower, Aquarium of Niagara & Niagara Scenic Trolley. This all-inclusive pass will save you up to 35% on Niagara Falls USA attractions! Pricing: \$46.00 Attendees can purchase online here: <https://www.niagarafallsstatepark.com/discovery-pass>

Niagara Falls State Park:

Maid of the Mist (includes admission to Observation Tower): \$19.25
 Cave of the Winds: 2019 pricing not yet available. 2018 pricing \$19.00
 Niagara Adventure Theater: \$12.00
 Aquarium of Niagara: \$14.95
 Niagara Scenic Trolley: \$3.00
 Niagara Gorge Discovery Center: \$3.00

Attractions outside Niagara Falls State Park:

Niagara Power Vista: 10 Minute drive from downtown Niagara Falls. Discover the power of electricity in New York State through interactive exhibits; including a seat-gripping virtual reality ride and hands-on experiments.
 Admission: FREE

2019 Regional Self Advocacy Conference Registration Form

Name: _____ Phone #: _____

Address: _____

Email address: _____

Self Advocacy Group Name/Organization: _____

I am a: self advocate family member support person other

Registration (check one):

- Both Days (\$101) *incl. all meals, events, t-shirt*
- Friday Only (\$75) *incl. breakfast, lunch, workshops, t-shirt*
- Thursday Only (\$69) *incl. dinner, events, dance, t-shirt*

Registration Fee _____

- I have called and gotten approved for a scholarship.

Scholarship Amount _____

Meals:

Thursday Dinner (pick one):

- Pasta Primavera
- Pasta Primavera with Italian Sausage
- Chicken Cordon Bleu
- Salmon Filet with Lemon Cream Sauce

Friday Lunch (pick one):

- Roast Turkey Sandwich
- Tuna Salad Wrap
- Vegetarian Salad with Assortment of Proteins and Veggies

Friday Breakfast (pick one):

- All American- Scrambled Eggs, Roasted Potatoes, Bacon, Croissant
- Rapids Quiche- Spinach, Ham, and Swiss with a Field Greens Salad

Please be sure to fill out the rest of the Registration Form Continued on next page →

2019 Regional Self Advocacy Conference Registration Form (continued)

Dietary Needs (if any):

- Gluten Free
- Pureed
- Lactose Intolerance
- Nut Allergy
- Other _____

Access Needs (if any):

- Sign Language Interpreter
- Large Print Program
- Braille Program

Workshop Choices

(please circle one for each session. Descriptions on previous pages):

| | | | | | |
|-----------|----|----|----|----|----|
| Session A | 1 | 2 | 3 | 4 | 5 |
| Session B | 6 | 7 | 8 | 9 | 10 |
| Session C | 11 | 12 | 13 | 14 | 15 |

Free T-Shirts for everyone! Please circle your size:

Small Medium Large XL 2X 3X 4X

I would like to purchase a second t-shirt for \$9.00 Size: _____

Total Amount Included with Registration Form: _____

Check or Money Order #: _____

Mail with payment to: SANYS Conference
C/O: Center for Self-Advocacy
ATTN: Michelle Fagyas
2529 Delaware Ave.
Buffalo, NY 14216