

**ROTUNDA**



**Healthy Lifestyles: Access to Care**

Find out how to navigate around the healthcare system independently in a way that works for you!

Topics will include health care access, health insurance, barriers to care, and advocacy.

What should you ask your doctor?

How should you prepare for an appointment?

There's a lot to learn, but this session will make it easier to understand!

*Presented by  
Rubi Bouvier and  
Beth-Ann Langlois*

**BRISTOL A**



**How I Started My Own Business**

Presenter *David Vaughan* started his own landscaping business.

David will share his experiences as he shared *Green Team Lawn Care*.

He will talk about how to get a tax ID number, how to purchase equipment, taxes and benefits issues. If you're thinking of starting your own business, or just want to hear more about David's story of success, this is the session for you!

**BRISTOL B**



**HCBS:**

**Nothing About Us Without Us!**

In 2014 Uncle Sam changed the way that Medicaid pays for your support services. Now every state in the country needs to make sure that service agencies follow the new rules for "Home and Community Based Settings".

Find out more and learn about a survey that you can answer to tell the state if consumers are getting the supports they're supposed to.

Speak-up and make a difference. Remember, "nothing about us without us"!

*Presented by  
Chris Botts,  
Diana Kriner &  
Andrew Whalen*

**TIVERTON**



**Sexual Abuse Awareness: Stay Safe**

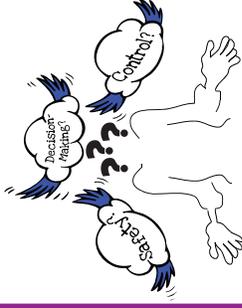
Sexual abuse means unwanted sexual contact or touch and it is **WRONG!**

Come to this interactive session to learn some important health and safety tips.

Educate yourself. Empower yourself. And remember that you have a right to say "NO!"

*Presented by  
Sue Babin,  
Tanja Blicher-Ucran,  
Deanne Gagne  
and Steve Porcelli*

**OCEANS**



**Questions and Answers About Guardianship**

Come learn about what it means to have a guardian.

Find out about limited guardianship and alternatives to guardianship.

What can you do if you want to challenge your guardianship?

This session will be a time to ask questions and hear some answers from

*Kate Bowden,  
Staff Attorney at the Rhode Island Disability Law Center and co-presenter  
Susan Birch.*

**ATRIUM**



**Dating 101**

In this interactive workshop Bobbie Macaux and Katie Lowe will share from their own dating experiences and give you their own personal advice for how to go on a successful date.

Learn about the difference between "going out with your friends" and "going on a date".

Ask questions and learn more by doing some role plays!

*Presented by  
Claudia Lowe,  
Katie Lowe and  
Bob Macaux*

**ROTUNDA**



**From Group Home to Shared Living**

Shared Living is a residential option to live with families or individuals in the community. These people will support you in their homes, so you don't have to live in a group home.

*Brian Salvagna & Arthur Parker* will share their own experiences in shared living.

Learn about the challenges they faced, as well as the positive changes in their lives, which include being healthy, getting out into the community, and greater freedom.

Find out if moving into shared living may be the right choice for you!

Co-presented with *Joann Malise.*

**BRISTOL A**



**My Journey Through Reiki**

*Amber Ladwig* is a Level II Reiki practitioner. One of the goals in her Individual Support Plan is to follow her lifelong dream and become a Reiki Master.

Amber shared her Reiki skills at last year's conference. In today's session, she will discuss why becoming a

Reiki Master is an important employment goal. Amber will also explain what Reiki is and demonstrate how it's done.

Co-presented with *Theresa Lamphere & Carol Wilson.*

**BRISTOL B**



**Able to SAVE!**

The "Able Act" is a new law about *Achieving a Better Life Experience.*

Presenters *Kevin Nerney, Steve Porcelli & Amy Crane* will explain how the Act allows people to save money without losing benefits like SSI or Medicaid.

Come to this session to find out more about an Able savings account, and why it may be the right choice for you.

You will also hear about some other ways to save money without losing your benefits.

**TIVERTON**



**Sex & Relationships: How Do I Figure this Out?**

*Nicole LeBlanc, Skye Peebles & Karen Topper* from *Green Mountain Self-Advocates* will share an open and honest conversation about sex and sexuality.

In this workshop they will discuss:

What is a sexual romantic relationship?

What are the ways people can be sexual with another person?

Why do people decide to be sexual or not be sexual?

Which sexual acts can be risky?

Bring your questions. Get some answers!

**OCEANS**



**Consent Decree: Status Report?**

What is the latest news about Day Programs, Sheltered Workshops, Supported Employment and the Department of Justice's 2014 Consent Decree?

How will the Consent Decree affect you?

Join Rhode Island's Consent Decree Coordinator *Andrew McQuaide* and

Employment First Task Force member *Andrew Whalen* to hear the latest news and updates.

**ATRIUM**



**We Have Arrived! Advocacy=Equality**

*Our Voices Count* invites you to their 10 Year Anniversary Celebration.

Join members of OVC as they stroll down memory lane. Find out how they grew from a small gathering of Self-Advocates, to an advocacy-led civic group.

Learn about the different doors that being involved in Self-Advocacy has opened for members of this powerful group.

**ROTUNDA**



**ACTION  
for ALL Abilities**

Braille? Curb cuts?  
Closed caption?  
Hut, hut hike!

Do those words mean  
anything to you?

Members of the  
*RI Department of  
Health Youth  
Advisory Council*  
will lead this  
multimedia

workshop about  
disability history.

Learn some amazing  
facts about the  
advocates and  
inventors who saw  
the need for change  
and made it happen.  
Play some games  
for your chance to  
win fun prizes!

*Presented by  
Joe Bagaglia, Kelly  
Donovan, Kathy Kuiper  
& Pauline Thompson*

**BRISTOL A**



**Cooking with  
SAMMY**

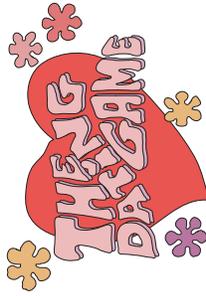
Cooking is  
Easy and FUN!

Super Chef  
*Samantha Smalley*  
and *Olivia Laporte*  
will prepare  
some delicious  
homemade pizza.

Bring your appetites  
to sample the  
end results ...  
fresh from the  
toaster oven to you!

You can also  
watch a video recipe  
from her DVD,  
*"Home Cooking with  
Samantha Smalley"*  
and take home a  
printed recipe to try  
in your own kitchen.

**BRISTOL B**



**The Dating Game**

Join friends from  
Green Mountain  
Self-Advocates for an  
hour of flirtatious fun!

This workshop is  
similar to the classic  
TV game show.

Three men will  
compete for a date  
with a person who is  
hidden from their  
view. The man who is

selected and the  
contestant who  
chose him will win a  
pair of tickets to the  
Annual Self-Advocacy  
Group Holiday Party  
on Thursday,  
December 17th.

The game will also  
be played with three  
women and one  
lucky contestant  
who will win the  
same prize.

**TIVERTON**



**LAUGH  
WITH US!**

**Knock Knock.**  
Who's There?

**Fora Fun.**  
Fora Fun who?

**For a fun time,**  
**come to this session!**

**Knock Knock.**  
Who's there?

**Tank!**  
Tank Who?

**You will if you**  
**come to this session!**  
*(and you're welcome)*

Join comedians  
*Susan Birch* and  
*Kelly Richards*

to hear some classic  
Knock-Knocks  
and  
share your own.

**OCEANS**



**BoldrDash!**

BoldrDash is a  
military-style  
obstacle course that  
teams of people  
compete in.

In this session,  
Bill Guy, Lynn Hall &  
Andrew Palumbo  
will tell you about  
the BoldrDash  
*All Abilities Team*,  
and learn how they  
live by the  
BoldrDash motto:

**Boldly  
Overcoming  
Limitations  
with**

**Determination**  
There will also be a  
few easy obstacle  
course exercises that  
you can try for  
yourself during this  
hour of fun.

**ATRIUM**



**LET'S MAKE  
SOME MUSIC!**

Join musician and  
Friend of

Self-Advocacy  
award winner

*Mark Cutler* as he  
teams up with

musical partner  
*Jimmy Isom* for this  
interactive and  
entertaining session.

This will be a  
collective  
music-making  
jam session!

Bring your  
song-writing ideas  
and your voice.

Sing if you want to,  
or just enjoy the  
awesome tunes!