

27th Annual California (and Nevada!) Statewide Self-Advocacy Conference Friday & Saturday May 12th & 13th, 2023

Presented by: **Supported Life Institute**

“Leaping Forward”

2-Day In-Person Conference

Wyndham Hotel (Formerly Crowne Plaza Hotel) Sacramento, California



Statewide Sponsors

Trust Management Services
CA Dept. of Developmental Services
Ability Central
Easter Seals Southern Calif.
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Stephen Faletti, Sharon Perry & Steve Hereford
Margaret & Mathew Shipp, Clair & Tiffany Urness

Wyndham Hotel

5321 Date Ave.
Sacramento, CA










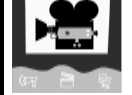



















27th Annual Statewide Self-Advocacy Conference

PROGRAM

FRIDAY, May 12, 2023

SATURDAY, May 13, 2023

	8:00	REGISTRATION BEGINS		8:00	REGISTRATION BEGINS
	9:00	WELCOME Featuring: Jordan Kamnitzer 		9:00	WELCOME Featuring: <i>Statewide Self Advocacy Conference Committee</i>
	Keynote: "The Importance of Self-Advocacy: Believing in Yourself" Daniel Meadows Peer-Advocate, Speaker, Chapter Advisor Sacramento / Lifelong Californian			Keynote: "You are Your Best You!" Wesley Witherspoon Consumer Advocate, USC UCEDD (Univ. Center for Excellence in Dev. Dis.) Inglewood, California	
	10:00	Check Out the INFORMATION & SALES FAIRE		10:00	INFORMATION & SALES FAIRE Plus Music from DJ Maverick ADAM HAYNES
	10:30	Kelso Theater - 3 Sessions Thursday Self-Advocacy Training Theater Sponsored by George F. Kelso Foundation		10:30	Kelso Theater - 3 Sessions Friday Self-Advocacy Training Theater Sponsored by George F. Kelso Foundation
	10:30	SESSION # 1		10:30	SESSION # 4 (including Zumba!)
	11:45	LUNCH		11:45	LUNCH
	12:55	SESSION # 2		12:55	SESSION # 5
	2:00	SESSION # 3		2:00	SESSION # 6 (including Zumba!)
	3:30	SING-ALONG with JORDAN KAMNITZER		3:15	Closing: "SONG SELECTIONS" MICHAEL J. VALCOUR
	6:00	DINNER		3:30	RAFFLE DRAWING
	7:30 to 9:30	Evening Events Networking Social Featuring DJ of Ability CHRIS BENEDICT		3:45	END OF CONFERENCE
	9:30	END OF DAY 1	 The Statewide Conference Planning Team Thanks You ! www.supportedlife.org www.facebook.com/supportedlife		



HOTEL ACCOMMODATIONS

Wyndham Hotel
5321 Date Ave.
Sacramento, CA 95841



A special rate of **\$139.00 per night** available if attending **Statewide Self Advocacy Conference**. All rooms are subject to city tax and tourism assessment: please see our **hotel reservation form for the exact totals** that include all taxes, assessment fees. **Complimentary** breakfast is provided to all hotel guests.

- To make reservations, **contact the Wyndham Hotel** directly **916-338-5800** ask for **Reservations** and say: "Supported Life Institute 2023 Meeting". To ensure receipt of this special rate, make reservations before **April 21, 2023**.
- There is plenty of **Free parking** at the Hotel.



**ATTENDEES STAYING AT WYNDHAM SACRAMENTO HOTEL
WILL ENJOY COMPLIMENTARY HOT BREAKFAST BUFFET
ON FRIDAY & SATURDAY, IF STAYING THURS. AND FRI. NIGHTS.**
(Conference provides Friday & Saturday Lunch and Friday Dinner)

Mail your *Conference Registration Form & Emergency Contact Form* + check/ money order to:

"Supported Life Institute"
c/o 1209 Caricia Drive
Davis, CA 95618

~ Early-Bird discount if by **April 20** ~



Group Discount !!!

Groups: Register 5 people
& receive 1 support staff FREE

All Group Registrations Must Be Received Together

Conference registration Cancellations/Substitutions:

Written cancellations may be made until **April 21, 2023** and will be refunded minus a 25% administrative fee.

Requests for refunds (incl. for "no-shows") will not be accepted after April 21st

With advance notice,
substitutions are welcome.

The Supported Life Institute will send a written **confirmation** of your conference registration.



Call the Supported Life Institute at
(530) 753 - 8215

NOTE: There may be a videographer/photographer at the conference taking videos/photos of conference activities. If you do not want your picture to be used, please let us know at the conference registration desk.

TRANSPORTATION TO THE WYNDHAM SACRAMENTO HOTEL

From Airport to Hotel and back, try **Taxis** or contact **Super Shuttle, Uber** or **Lyft**.



- ♦ Contact **ParaTransit 916-429-2009** about travel from **Airport** or **Greyhound** or **Amtrak** stations to Hotel & back **if you use such a service where you live** (best to call weeks ahead to register and set up a "client record," if you are from out of town)

Conference Sessions - The 27th Statewide Self-Advocacy Conference

Friday, May 12, 2023

Sessions #1 • 10:30 a.m. – 11:25 a.m.

1

Saturday, May 13, 2023

Sessions #4 • 10:30 a.m. – 11:25 a.m.

4

Relationships for People with Disabilities
Nevada Governor's Council on Developmental Disabilities, Carson City

Sexuality 101 for People with Disabilities
Nevada Governor's Council on Developmental Disabilities, Carson City

Self-Determination: What It Is / How It Can Help Us Meet Our Dreams
Lisa Cooley, Chair, Self-Determination Adv. Cmte, Alta CA Reg Ctr

An Intro to Self-Determination
Client Advocates, Alta Calif. Regional Center, Sacramento

Sibling Duo Shares How Life Journeys Need the Support of Others
Ashley & Edison Jun - Jun Family Siblings, Sacramento

Zumba! (Dance/Fitness Class - Health, Inspiration, Fun) - 1
Yulissa Arescurenaga, 1st Zumba Instructor with a Disability

Overcoming the Word "No": My Journey to Employment
Sylvia Delgado, Reg. Ctr. of Orange Co., Costa Mesa

Make Your Voice Heard: Tips for Serving on Boards, Councils, etc.
Peter Mendoza, State Council on Dev. Dis. -SacramentoOffice

Kelso Self-Advocacy Training Theater - A
Sponsored by George F. Kelso Foundation

Kelso Self-Advocacy Training Theater - D
Sponsored by George F. Kelso Foundation

Friday, May 12, 2023

Sessions #2 • 12:55 p.m. – 1:50 p.m.

2

Saturday, May 13, 2023

Sessions #5 • 12:55 p.m. – 1:50 p.m.

5

Health During COVID & Our Perspectives from 3 UCEDDs
Wesley Witherspoon +panel, UCEDDs, Los Angeles & Sac.

How to Make it On Your Own: Self-Care for Self-Advocates
Wesley Witherspoon, USC UCEDD, Los Angeles

Look Back at History of the Self-Determination Program
Peter Mendoza, State Council on Dev. Dis. - Sacramento

How to join Self-Determination & Make the Program Work for You
Self-Determination Adv. Cmte, Alta CA Reg Ctr, Sacramento

CalABLE Basics
Representative, CalABLE, Sacramento

Fair Hearings - Reaching for Successful Outcomes
Representatives, Self-Advocacy Council 6, Stockton

My Employment: Remote Experiences Working from Home & Beyond
Jordan Elliott Kamnitzer, Los Angeles

IHSS 101 (In-Home Support Services)
Lisa Cooley, Self-Advocacy Leader, Rancho Cordova

Kelso Self-Advocacy Training Theater - B
Sponsored by George F. Kelso Foundation

Kelso Self-Advocacy Training Theater - E
Sponsored by George F. Kelso Foundation

Friday, May 12, 2023

Sessions #3 • 2:00 p.m. – 2:55 p.m.

3

Saturday, May 13, 2023

Sessions #6 • 2:00 p.m. – 2:55 p.m.

6

My Journey Through Self-Determination
Daniel Meadows, Self-Advocate & Advisor, Sacramento

Wading Thru the Self-Determination Swamp: Self-Advocate Success Stories
Riana Hardin, State Council on Devel. Disabilities, Sacramento

Prepare for Your Care: End of Life
Lisa Utsey, Self-Advocacy Council 6, Stockton

Get Involved at Your Regional Center
Crystal Enyeart, Self-Advocacy Council 6, Stockton

How to Maintain Friendships & Deal with Toxic Relationships
Board & Advocates Adv. Cmte Reps, SCLARC, Los Angeles

Zumba! (Dance/Fitness Class - Health, Inspiration, Fun) - 2
Yulissa Arescurenaga, South San Francisco

Kelso Self-Advocacy Training Theater - C
Sponsored by George F. Kelso Foundation

Kelso Self-Advocacy Training Theater - F
Sponsored by George F. Kelso Foundation