
Central New York Self-Advocates Present...



Self-Advocates: Breaking New Ground

June 9, 2007

8:00am-3:30pm

DoubleTree Hotel (Formerly The Wyndham)

Carrier Parkway

6301 Route 298, East Syracuse, NY 13057

Doubletree (315) 432-0200

T-shirts with the conference logo will be available for sale.

Agenda

- 8:00-10:00 **Registration**
- 10:00-10:10 **Opening Remarks: CNY DSO Director Stephen Smits & SANYS CNY Regional Coordinator Daniel Flanigan**
- 10:10-10:50 **Keynote Address: Chester Finn SANYS Past President & Special Assistant for the OMRDD Commissioner**
- 10:50-11:00 **Questions & Answers**
- 11:00-11:30 **Candidate Speeches: SANYS Board Position - Central Region**
- 11:30-12:15 **Surprise Presentation by the Cayuga Wizards**
- 12:15-1:30 **Buffet Lunch**
- Entertainment by Home Inc.**
“Breaking New Ground” & “It Takes a Village”
- 1:45-2:30 **Workshop Session 1:**
- (A) **How to be a Leader in Your Life**
 - (B) **Travel Opportunities**
 - (C) **Emergency Preparedness**
 - (D) **Self-Advocacy & Mental Health**
- 2:45–3:30 **Workshop Session 2:**
- (E) **Going Places Transportation**
 - (F) **Self-Advocacy & Independent Living**
 - (G) **Self-Advocates & Community Leaders**
 - (H) **Aging Out for Older Adults**



Workshop Descriptions

- (A) **How to be a Leader in YOUR LIFE –As a New York State Self-Advocacy Association Board Member, presented by Yolanda Zehr.** I would like to talk to you about how I became a Self-Advocate. As an advocate I have learned how to: teach others, go to college, work out, get a driver license, become a speaker, vote, and play basketball.
- (B) **Discover the Travel Opportunities available to you—Presented by The Utica Self-Advocates.** Our group will present the audience with travel opportunities from a variety of organizations that provide travel for persons with disabilities. Also we will present on the individual travel experiences from our group.
- (C) **Emergency Preparedness—Presented by Rick Fitzgerald, Mary Wilburn, Cayla Tuckerman, and Brad Smith.** This workshop will focus on how Self-Advocates can prepare for any emergency that could result in the temporary disruption of supports. House fires, natural disasters, or even terrorist attacks can make it necessary for Self-Advocates to rely on their own resources for a brief time. We will talk about developing a disaster plan, assembling emergency supply kits, and what to expect when it becomes necessary to evacuate.
- (D) **Self-Advocacy and Mental Health—Presented by Carole Hayes Collier who has discovered the power of Self-Advocacy to keep the world from driving her crazy!** Can life get you down? Is that friend, roommate, or coworker just driving you nuts? Want to learn some ways to use Self-Advocacy to make your life a better place to be? Come and join in a discussion of ways to keep your sanity in a challenging world.
- (E) **Going Places: Transportation—Presented by Sherry Martin-Weatherly and Home Inc. Dream Catchers.** Are you sick of paying too much for transportation? Would you like your driver to help you to the door? Come and learn about an alternative transportation option in Central New York that allows you to tailor your transportation to your life at a cheaper cost than the other providers!
- (F) **Self-Advocacy and Independent Living—Presented by The Self-Advocacy Network.** Are you happy where you are living? Are you unhappy? Or do you just want a change? Come discuss your feelings about where you are living and how you can use Self-Advocacy to make the choice that is right for you
- (G) **Self-Advocates and Community Leaders—Presented by The North Country Self-Advocates.** How can Self-Advocates and Self-Advocacy groups make a difference in their communities? Learn the most effective ways to connect with leaders in your community, whether it be business owners or elected officials.
- (H) **Aging Out for Older Adults—Presented by Debra Parry-Sprock, Fred Niebuhr, and Cheryl Clark.** Older Adults have options too: Choose from a variety of supported settings in CNY, and learn about what is available to you.

For more information call:

Nichole Hastings 315-473-4018 or Michael Kennedy 315-473-6922

Alternative formats of this brochure are available.

Sponsors and Organizers

New York State Self-Advocacy Association Central Region and Information Station Volunteers

Central New York Self-Advocacy Groups

The Center on Human Policy, Law, & Disability Studies through the Center's
subcontract with RTC on Community Living
at the University of Minnesota

Central New York Developmental Services Office

Who is a Self-Advocate?

A Self-Advocate is a person who is motivated to change their life. It is a person with a disability who wants to know about their individual rights and responsibilities as members of a community. As self-advocates we are interested in having the same rights as people without disabilities and we want people to see us for what we are—PEOPLE instead of what we have—disabilities.

This conference is organized by and for individuals with disabilities. Our goal for this conference is to learn to speak up and out on topics that interest us, to educate ourselves by listening to others, and to make new friends.



**Thank you to everyone
who worked on
this conference!!!**

REGISTRATION FORM

CNY SELF-ADVOCATES BREAKING NEWGROUND

JUNE 9, 2007

Name:

Address:

Phone:

Amount Enclosed:

The registration fee is \$45 per person.

A limited number of scholarships are available. Individuals who require support staff will be given priority for scholarships. Please call Daniel Flanigan at 315-473-6927 for more information.

I will be receiving a \$_____ Scholarship

Workshop Selections (circle one from each group):

<u>Morning</u>	<u>Afternoon</u>
A (red)	E (orange)
B (blue)	F (yellow)
C (green)	G (pink)
D (purple)	H (black)

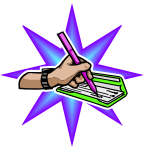
Support Staff: _____

(Please note: \$45 registration fee also applies to all support staff)

Please feel free to use the back of this form if you need more room to write.

Morning Refreshments & Buffet Lunch will be served. Call us if you want to know the specific menu items.

Please make your checks payable to :
**SELF ADVOCACY ASSOCIATION
OF NYS**



Do you require special accommodations?

Please circle:

Yes

No

Please describe:

PLEASE MAIL YOUR REGISTRATION BY MAY 25, 2007

TO: NICHOLE HASTINGS

SELF-ADVOCACY CONFERENCE

800 SOUTH WILBUR AVENUE, SUITE 3A1

SYRACUSE, NY 13204

315-473-4018 or 473-5080

315-425-5332 (Fax)

