

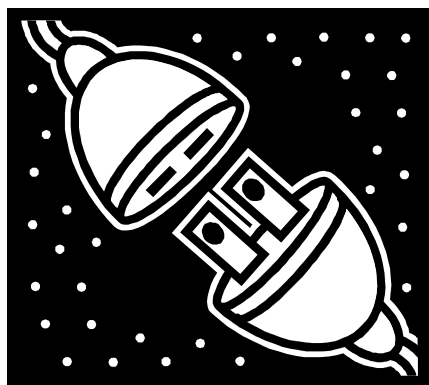
# 21st Annual Calif. Statewide Self-Advocacy Conference

**Friday & Saturday  
May 6th & 7th, 2016**

## Gold Sponsors

Disability Rights California  
SEIU CA Dev. Disabilities Council

Presented by: Supported Life Institute & State Council Sacramento Office



# “Get Connected”

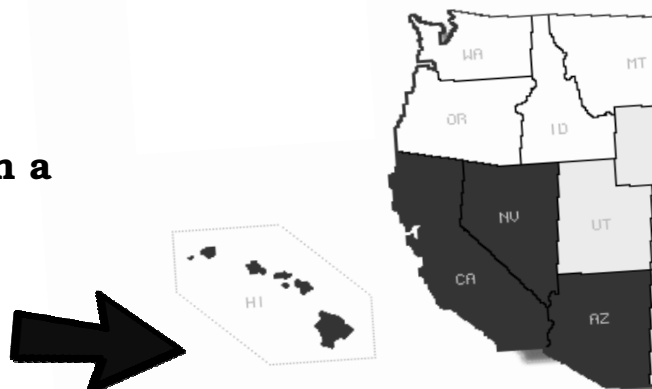
**NEW ADDITION THIS YEAR:**

**WELCOME self-advocates joining us in a  
First-Ever**

**National Western States Meeting  
(Nevada, Arizona, Hawaii, Guam)**

**which the conference is hosting for  
SABE**

**Self-Advocates Becoming Empowered  
(the national Self-Advocacy Organization)**



**SABE Western Region: Arizona,  
California, Hawaii, Nevada, G uam**



**Crowne Plaza Hotel  
Sacramento Northeast  
5321 Date Ave.  
Sacramento, CA**


















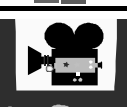



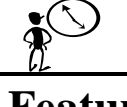






# 21st Annual Statewide Self-Advocacy Conference

includes National SABE (Self-Advocates Becoming Empowered) Western States Meeting

## PROGRAM

**FRIDAY, May 6, 2016**

**SATURDAY, May 7, 2016**

	8:00	REGISTRATION BEGINS		8:00	REGISTRATION BEGINS
 Welcome!	9:00	WELCOME <i>Featuring: Statewide Self Advocacy Conference Committee</i>	 Welcome!	9:00	WELCOME <i>Featuring: Statewide Self Advocacy Conference Committee</i>
		Keynote: Representative, SABE "National Self-Advocacy"			Keynote: Shawn Casey O'Brien "How 40 Million Adults w/ Disabilities Can Save Democracy"
	10:00	Check Out the INFORMATION & SALES FAIRE		10:00	Learn from Exhibitors at the INFORMATION & SALES FAIRE
	10:30	"OPEN MIC STUDIO" & LOUNGE OPENS		10:30	SESSION # 4
	10:30	SESSION # 1		11:45	LUNCH
	11:45	LUNCH		12:55	SESSION # 5
	12:55	SESSION # 2		2:00	SESSION # 6
	2:00	SESSION # 3		3:15	Closing: "Clips From the Conference" "Song Selection: Michael J. Valcour"
	3:30	Karaoke Contest		3:45	RAFFLE DRAWING
	6:00	DINNER		4:00	END OF DAY 2
	7:15	DATING GAME <small>Presented By: SelfAdvocacy Council 6</small>	<b>Featuring:</b>  Michael Valcour National Representative   Shawn Casey O'Brien		
	9:00	DANCE "Grease Lightning"			
	11:30	END OF DAY 1			



## HOTEL ACCOMMODATIONS

**Crowne Plaza Hotel**  
5321 Date Ave.  
Sacramento, CA 95841



A special rate of **\$112.00 per night** is available for those attending **Statewide Self Advocacy Conference**. All rooms are subject to city tax and tourism assessment so please see our hotel reservation form for the exact totals that include all taxes and assessment fees.

- To make reservations, **contact the Crowne Plaza Hotel** directly **916-338-5800** ask for **Reservations** and make specific reference to the **Self Advocacy Conference**. To ensure receipt of this special rate, make reservations before **April 25, 2016**.
- There is ample free parking at the hotel.
- **Super Shuttle** provides **Airport shuttle service** to the hotel. Call them for fee information (800) 258-3826



Every Guest of the Crowne Plaza Hotel  
Enjoys a Complimentary Hot Breakfast Buffet  
Each Morning of Their Stay!

(Conference provides Friday & Saturday Lunch and Friday Dinner)

Mail your *Conference Registration Form*  
& *Medical/Support Needs Form* +  
check/money order by **April 22nd** to:

"Supported Life Institute"  
1010 Hurley Way, Suite 180  
Sacramento, CA 95825



**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 22, 2016 and will be refunded minus a  
25% administrative fee.

Requests for refunds (incl. for "no-shows")  
will not be accepted after April 22nd.

With advance notice,  
substitutions are welcome.

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

**Questions?**  
Call the Supported Life Institute at  
**916-567-1974**.

**NOTE:** There will be a videographer/photographer at the conference taking  
videos of conference activities and in the Open Mic Studio. Segments of these  
tapes will be shown during the conference and may be used to create a DVD of  
conference highlights. If you do not want your picture to be used, please let us  
know at the conference registration desk.

### TRANSPORTATION TO THE CROWNE PLAZA HOTEL IN SACRAMENTO

- ◆ **From Airport to Hotel and back, contact Super Shuttle** for Schedules and Fares: **800-258-3826**.  
(Super Shuttle may need advance notice to have enough wheelchair-equipped vans available.)
- ◆ Contact **ParaTransit** 916-429-2009 about travel from **Greyhound or Amtrak** stations to Hotel & back:  
(best to call weeks ahead to register and set up a "client record," if you are from out of town)



**CONFERENCE SESSIONS - 21st Annual Statewide Self-Advocacy Conference (Crowne Plaza Hotel, Sacramento)**

**Friday, May 6, 2016**

Sessions #1 • 10:30 a.m. – 11:25 a.m.

**Saturday, May 7, 2016**

Sessions #4 • 10:30 a.m. – 11:25 a.m.

<b>Cyberbullying</b> <i>Pattie Simpkins, Oroville</i>	<b>Public Speaking for Self-Advocates</b> <i>Zachary Miller / Sonya Bingaman, SCDD - Sacramento Office</i>
<b>Script Your Future: Managing your Meds for Better Health</b> <i>SCDD - Sacramento Office</i>	<b>Panel Discussion: College Stories and Strategies</b> <i>David Nisson, Davis</i>
<b>Healthy Facilitation</b> <i>Lisa Utsey, Modesto</i>	<b>Get Connected with Arizona</b> <i>Self-Advocates from Arizona</i>
<b>Self-Advocacy</b> <i>Autumn Whittlesey, Placerville</i>	<b>How to Start Your Small Business</b> <i>John Sanchez, Citrus Heights</i>
<b>Love, Marriage, and Disability</b> <i>Julie and Rigo Gaona, Glendale</i>	<b>Zumba! (3 of 4) - 1st Certified Zumba Instructor w/ Disability</b> <i>Yulissa Arescurenaga, South San Francisco</i>
<b>Zumba! (1 of 4) - 1st Certified Zumba Instructor w/ Disability</b> <i>Yulissa Arescurenaga, South San Francisco</i>	<b>Self-Advocacy Training Theater - A</b> <i>Statewide Self-Advocacy Conference Planning Team</i>

**Friday, May 6, 2016**

Sessions #2 • 12:55 p.m. – 1:50 p.m.

**Saturday, May 7, 2016**

Sessions #5 • 12:55 p.m. – 1:50 p.m.

<b>National SABE Western States Meeting</b> <i>Representative, Self-Advocates Becoming Empowered</i>	<b>For the Love of Long Shots: A Book Discussion Q&amp;A</b> <i>Shawn Casey O'Brien, Santa Monica</i>
<b>Empowering Yourself through Communication Tools</b> <i>Kimberly Terrell, Sacramento</i>	<b>Diabetes and Food</b> <i>Mathew Shipp, Oroville</i>
<b>Be Ready for an Emergency!</b> <i>Robert Rogers, Sacramento</i>	<b>Meet and Greet: Social and Conversational Skills</b> <i>Safe Life Coalition, Sacramento</i>
<b>Self-Determination: What it Is and When will it Happen</b> <i>Lisa Cooley, Rancho Cordova</i>	<b>Emergency Preparedness</b> <i>Nicole Patterson, Dept. of Developmental Services - CAC</i>
<b>The State Council on Developmental Disabilities (SCDD)</b> <i>David Forderer, Sacramento</i>	<b>Self-Advocacy Training Theater - B</b> <i>Statewide Self-Advocacy Conference Planning Team</i>

**Friday, May 6, 2016**

Sessions #3 • 2:00 p.m. – 2:55 p.m.

**Saturday, May 7, 2016**

Sessions #6 • 2:00 p.m. – 2:55 p.m.

<b>Using Technology to Stay Healthy and Live Independently</b> <i>Jesse Compo, Citrus Heights</i>	<b>Making Your Own Choices</b> <i>Nicole Patterson, Dept. of Developmental Services - CAC</i>
<b>Crime Prevention for Regional Center Participants</b> <i>Wesley Witherspoon, USC UCEDD, Los Angeles</i>	<b>Homeless to Houseproud: Connections for Success</b> <i>Diana Lynn Powell, Sonora</i>
<b>Lending Works Inc.</b> <i>Self-Advocate Board Members, Davis</i>	<b>Making Connections</b> <i>Michael Valcour, Sacramento</i>
<b>Assertiveness Now</b> <i>Zachary Miller, Sacramento</i>	<b>Zumba! (4 of 4) - 1st Certified Zumba Instructor w/ Disability</b> <i>Yulissa Arescurenaga, South San Francisco</i>
<b>Zumba! (2 of 4) - 1st Certified Zumba Instructor w/ Disability</b> <i>Yulissa Arescurenaga, South San Francisco</i>	<b>Self-Advocacy Training Theater - C</b> <i>Statewide Self-Advocacy Conference Planning Team</i>