**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.**

**Disability Rights Calif.**

**SMUD**

**George F. Kelso Foundation**

**The Arc of Calif.**

**Trips Inc.**

**CalABLE**

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**

**8:00 REGISTRATION BEGINS**

**9:00 WELCOME**

**Featuring:**

**Jordan Kamnitzer**

**Keynote:**

**“The Importance of Self-Advocacy:  Believing in Yourself”**

**Daniel Meadows,**

**Peer-Advocate, Speaker, Chapter Advisor**

**Sacramento / Lifelong Californian Keynote:**

**“The Importance of Self-Advocacy:  Believing in Yourself”**

**Daniel Meadows**

**Peer-Advocate, Speaker, Chapter Advisor**

**Sacramento / Lifelong Californian**

**10:00 Check Out the**

**INFORMATION & SALES FAIRE**

**10:30 Kelso Theater - 3 Sessions Thursday**

**Self-Advocacy Training Theater**

**Sponsored by George F. Kelso Foundation**

**10:30 SESSION # 1**

**11:45**

**LUNCH**

**12:55 SESSION # 2**

**2:00 SESSION # 3**

**3:30 SING-ALONG with**

**JORDAN KAMNITZER**

**6:00 DINNER**

**7:30 To 9:30**

**Evening Events**

**Networking Social**

**Featuring**

**DJ of Ability CHRIS BENEDICT**

**9:30 END OF DAY 1**

**SATURDAY, May 13, 2023**

8:00 REGISTRATION BEGINS

9:00 WELCOME

Featuring: Statewide Self Advocacy Conference Committee

Keynote:

“You are Your Best You!”

Wesley Witherspoon

Consumer Advocate, USC UCEDD

(Univ. Center for Excellence in Dev. Dis.), Inglewood, California Keynote:

10:00 INFORMATION & SALES FAIRE

Plus Music from

DJ Maverick ADAM HAYNES

10:30 Kelso Theater - 3 Sessions Friday

Self-Advocacy Training Theater

Sponsored by George F. Kelso Foundation

10:30 SESSION # 4

(including Zumba!)

11:45 LUNCH

12:55 SESSION # 5

2:00 SESSION # 6

(including Zumba!)

3:15 Closing: “SONG SELECTIONS”

MICHAEL J. VALCOUR

3:30 RAFFLE

DRAWING

3:45 END OF CONFERENCE

**The Statewide Conference Planning Team Thanks You !**

[***www.supportedlife.org***](http://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.

**Questions?**

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**

**1**

**Friday, May 12, 2023**

**Sessions #1 • *10:30 a.m. – 11:25 a.m.***

Relationships 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

Sibling Duo Shares How Life Journeys Need the Support of Others

Ashley & Edison Jun - Jun Family Siblings, Sacramento

Overcoming the Word "No": My Journey to Employment

Sylvia Delgado, Reg. Ctr. of Orange Co., Costa Mesa

Kelso Self-Advocacy Training Theater - A

Sponsored by George F. Kelso Foundation

2

**Friday, May 12, 2023**

**Sessions #2 • *12:55 p.m. – 1:50 p.m.***

Health During COVID & Our Perspectives from 3 UCEDDs

Wesley Witherspoon +panel, UCEDDs, Los Angeles & Sac.

Look Back at History of the Self-Determination Program

Peter Mendoza, State Council on Dev. Dis. - Sacramento Office

CalABLE Basics

Representative, CalABLE, Sacramento

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

Kelso Self-Advocacy Training Theater - B

Sponsored by George F. Kelso Foundation

3

**Friday, May 12, 2023**

**Sessions #3 • *2:00 p.m. – 2:55 p.m.***

My Journey Through Self-Determination

Daniel Meadows, Self-Advocate & Advisor, Sacramento

Prepare for Your Care: End of Life

Lisa Utsey, Self-Advocacy Council 6, Stockton

How to Maintain Friendships & Deal with Toxic Relationships

Board & Advocates Adv. Cmte Reps, SCLARC, Los Angeles

Kelso Self-Advocacy Training Theater - C

Sponsored by George F. Kelso Foundation

4

**Saturday, May 13, 2023**

**Sessions #4 • *10:30 a.m. – 11:25 a.m.***

Sexuality 101 for People with Disabilities

Nevada Governor's Council on Developmental Disabilities, Carson City

An Intro to Self-Determination

Client Advocates, Alta Calif. Regional Center, Sacramento

Zumba! (Dance/Fitness Class - Health, Inspiration, Fun) - 1

Yulissa Arescurenaga, 1st Zumba Instructor with a Disability

South San Francisco

Make Your Voice Heard: Tips for Serving on Boards., Councils, etc.

Peter Mendoza, State Council on Dev. Dis. -Sacramento Office

Kelso Self-Advocacy Training Theater - D

Sponsored by George F. Kelso Foundation

5

**Saturday, May 13, 2023**

**Sessions #5 • *12:55 p.m. – 1:50 p.m.***

How to Make it On Your Own: Self-Care for Self-Advocates

Wesley Witherspoon, USC UCEDD, Los Angeles

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

Fair Hearings - Reaching for Successful Outcomes

Representatives, Self-Advocacy Council 6, Stockton

IHSS 101 (In-Home Support Services)

Lisa Cooley, Self-Advocacy Leader, Rancho Cordova

Kelso Self-Advocacy Training Theater - E

Sponsored by George F. Kelso Foundation

6

**Saturday, May 13, 2023**

**Sessions #6 • *2:00 p.m. – 2:55 p.m.***

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

Get Involved at Your Regional Center

Crystal Enyeart, Self-Advocacy Council 6, Stockton

Zumba! (Dance/Fitness Class - Health, Inspiration, Fun) - 2

Yulissa Arescurenaga, South San Francisco

Kelso Self-Advocacy Training Theater - F

Sponsored by George F. Kelso Foundation

**CONFERENCE REGISTRATION FORM – SIDE A (Side B Emergency Contact Over)**

**Statewide Self-Advocacy Conference – May 12 and 13, 2023** (www.supportedlife.org)

**Early-Bird Discount Ends: April 28, 2023 \***

**\*** If a Regional Center is paying your registration, they may have an earlier deadline.

**Please call your Regional Center right away**.

**Everyone who attends the conference must pay the registration fee.**

**This includes self-advocates, speakers, family members and support people.**

**1. NAME:**

**2. SELF-ADVOCACY GROUP (Optional):**

**3. ADDRESS:**

**4. CITY:**

**STATE:**

**ZIP CODE:**

**5. DAYTIME PHONE:**

**6.** Are you a:

**A-Self-Advocate**

**B-Family Member**

**C-Support Person**

****

**7.** When will you be coming:

**A-Both Days or**

**B-Fri 12th or**

**C-Sat 13th**

**8.** Do you use a wheelchair for mobility:  **Yes**  ** No**

**9.** Other accommodations you request from Conference: **(Must be Received by April 21, 2023)**

 **Sign language interpreting services  Accommodations for conference materials**

 **Vegetarian meals**   **Other specially prepared food**

**10.** Conference Registration: (for Regional Center use only: **Vendor # : P63905**)

**Send this form w/payment to:**

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

Conference Registration Fee (Does not include hotel sleeping room)

Two Day Conference - Arrive Friday at 9:00 a.m.

(rates set by DDS)

$299.67 by 4/28/23

$316.01 After 4/28/23

One Day Conference - Arrive Either Day at 9:00 a.m.

(rates set by DDS)

$283.32 by 4/28/23

$299.67 After 4/28/23

Group Discount ! ! ! !

Groups: Register 5 people

& receive 1 support staff FREE

All Group Registrations Must Be Received Together Buy 5 - Get 1 Free Buy 5 - Get 1 Free

**EMERGENCY CONTACT FORM – SIDE B**

The goal of the Conference Planning Committee is for everyone attending this year’s conference to have a positive, educational and safe experience. The information provided below will be kept for ready access by conference staff to be used in case of an emergency during the event.

**Individuals needing special assistance or supervision must be accompanied by a support person.**

**All supervision, medical, & personal care needs are the responsibility of each conference participant.**

1. **Name of Registrant** :

**Check if:**

**A-Self-Advocate**

B-**Family Member**

C-**Support Person**

**2. In case of serious emergency**, please list a contact person who is not attending the event and is available by phone during the general times and dates of the conference.

Name:

Relationship:

Daytime Phone:

Evening Phone:

**HOTEL RESERVATION FORM**

**Statewide Self-Advocacy Conference – Fri. May 12th and Sat. May 13th, 2023**

**Credit Card?** (**You don’t need to fill out this form**)

Call the hotel directly - **916-338-5800 ask for Reservations,** mention the **“Supported Life Institute 2023 Meeting”**

**Check or Money Order?**

**Complete this form**. Make check or money order **payable to “Wyndham Sacramento.”**

**Include confirmation code from hotel reservation.** Send this form w/the **total payment for all the people in the room** to: **Wyndham Sacramento Hotel, 5321 Date Ave., Sacramento, CA 95841.** **Attn: Amanda Ortiz**

For **Regional Center Use Only** – **Vendor**: **Wyndham Sacramento Hotel** (**ZA6390**)

**1. NAME:**

**2. ADDRESS:**

3.  **CITY:**

**STATE:**

**ZIP CODE:**

**4. DAYTIME PHONE:**

**5. Arriving**:

**On Thursday, May 11 or**

**On Friday, May 12**

**6.** Do you request your room be “handicapped accessible:? **Yes**  **No**

**There are only a limited number of handicapped accessible rooms available.**

**The hotel will meet this request on a “first come, first served” basis.**

**7.** There will be (circle one): **1 2 3 4** people :

**For Thu & Fri or**

**For Thu only** **or**

**For Fri only**

**HOTEL RESERVATION FEES – Must be received at the Wyndham by 4/21/2023**

**Price includes: hotel room & taxes and complimentary Hot Breakfast for Fri. & Sat. if you stay Thur. and Fri.**

**Friday Night Only**

$160.20/person **1 Person/Room** (1 bed/room)

$80.10/person **2 People/Room** (2 beds/room)

$53.40/person **3 People/Room** (2 beds/room)

$40.05/person **4 People/Room** (2 beds/room)

**Total Cost/Room for Friday Night Only:**

1-4 per rm. $160.20

**Thursday & Friday**

$320.40/person **1 Person/Room** (1 bed/room)

$160.20/person **2 People/Room** (2 beds/room)

$106.80/person **3 People/Room**  (2 beds/room)

$80.10/person **4 People/Room** (2 beds/room)

**Total Cost/Room for Thursday & Friday:**

1-4 per rm. $320.40

**8.** I am enclosing fees for the following reservation:

My Name:

Roommate # 1:

Roommate # 2:

Roommate # 3:

**Total Fees Enclosed: $**