

Register before 8:45 to enter the Early Bird Raffle

8:15am - 9:15am

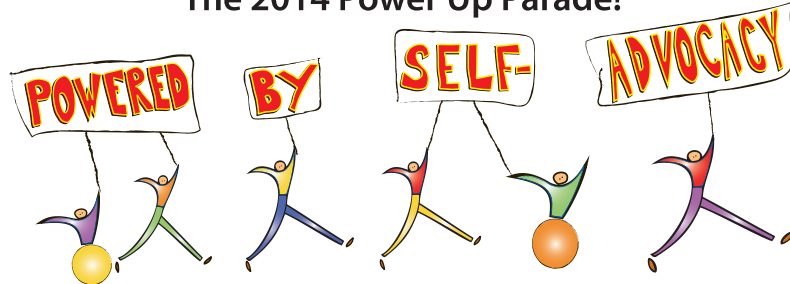
Registration, Grand Ballroom Foyer

9:30am - 10:45am

Opening Session, Grand Ballroom
Moderated by James Boucher, Vice President
Advocates in Action RI Board of Representatives
Power Up Planning Committee Chairperson
God Bless America: Jimmy Isom
The 2014 Power Up Parade!

Get your Conference Bags in the Foyer after you register!

SELF-ADVOCACY is COOL! ADVOCATESINACTION.ORG



Greetings from Sarah Lamirande, President Advocates in Action RI Board of Representatives
Greetings from Craig Stenning, Director RI Department of BHDDH
Welcome to the 2014 Keynote Speakers, Karen 'the T' Batchellor and Ray 'Music Man' Memery



11:00am - 12:00pm
6 Breakout Sessions, Details on pages 4-5

12:15pm - 1:30pm
Awards Luncheon in the Grand Ballroom
Congratulations to the 2014 Award Winners!
Early Bird Raffle Winners
2014 Slide Show: Get Powered Up!

1:45pm - 2:45pm
6 Breakout Sessions, Details on pages 6-7

3:00pm - 5:00pm
Power Hour Plus, Details on pages 8-9

4:00pm - 6:00pm
Pre-Dance Dance Party in the Rotunda

6:00pm - 10:00pm

Dinner & Costume Dance Party in the Grand Ballroom

FRIEND OF SELF-ADVOCACY



Jean Bowerman Thank You for Being a Friend!

BROKEN RECORD



Brandon Dusseault Never EVERY Give Up!

LEADERSHIP



Raymond Valley Keep Leading the Way!

3:00pm-5:00pm SNACKS INFORMATION and FUN in the Foyer

FACE PAINTING in the FOYER 4:00pm-5:00pm



## ROTUNDA

11:00am-Noon



### RELATIONSHIPS 101

There are many different kinds of relationships.

Men and women can be friends without dating.

People can work at the same job, but not socialize together outside of the office. The clerk at the Dunkin Donuts who remembers your name may be an acquaintance instead of a friend.

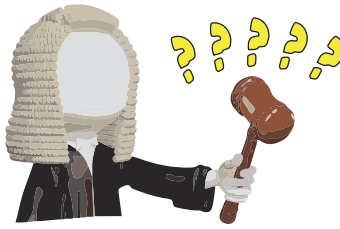
*Gail Doyle, Katie Lowe and Bob Macaux* will tell you about some different types of relationships, and how important it is to respect and appreciate others.

*Gail, Katie and Bob* will also share some ways to develop and keep relationships in ways that are healthy and fun!

Friends  
Acquaintances  
Co-Workers  
Lovers

## OCEAN

11:00am-Noon



### THE CONSENT DECREE IN SIMPLE LANGUAGE

Many people are talking about the Department of Justice, Day Programs, Sheltered Workshops and the Consent Decree. There are a lot of rumors about how this will affect people who have a developmental disability, and how they spend their days.

Join *Andrew Whalen and Lori Norris* as they explain the Consent Decree in simple language that everyone can understand.

Learn WHO the Consent Decree will affect, WHAT has to change and WHEN these changes need to happen.

*Andrew and Lori* will share what all of this means to individuals, families and the community.

## PATRIOT

11:00am-Noon



### NO BULLIES ALLOWED

Most of us know what it's like to be bullied. It doesn't feel good, but what can you do about it?

#### **Bullies Are Mean!**

Presenters *Jack Ringland, Heidi Showstead, Barbara Henry and Christina Battista* will share some personal stories about being bullied.

Learn about self-esteem, confidence, and what each of us can do to stop bullying.

Remember, for everyone who has ever been bullied...



**YOU ARE  
NOT ALONE!**

**TIVERTON**  
11:00am-Noon



**RESPECT:  
A MESSAGE FROM  
MISS MANNERS**

Manners are more than just saying "please" and "thank you".

*Karen Batcheller, Jean Bowerman, Michelle Matott* and special guest presenter *Miss Manners* will share music, video and games in this entertaining and fun session that's all about respect.

Learn some day-to-day tips on how to be your most respectful self.

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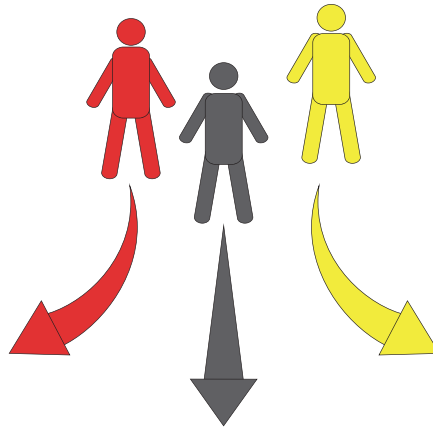
**"Please come to this session to learn about being polite.**

**Thank you!"**

~ Sincerely Yours,  
*Miss Manners*



**BRISTOL B**  
11:00am-Noon



**WORKING  
FOR A LIVING**

Do you have a job?  
Do you like it?

Join presenters *Steven Porcelli, Pedro Alba, Jeffrey Pete and Ken Renaud* to hear stories about people who are working in their communities, doing jobs they love.

We want to hear about your job success, too! Let's share, learn from each other and get powered up about work!



**BRISTOL A**  
11:00am-Noon



**SHAKE YOUR  
GROOVE THING  
(FOR WOMEN ONLY)**

Sexuality is nothing to be embarrassed about!

Join presenters *Renee Bacon, Susan Finn, Ruth Gorton and Diane Westerman* to learn about:

- Self-Pleasure and Loving Yourself**
- The Importance of Privacy**
- Safer Sex**
- Your Sexual Rights and Responsibilities**

**NOTE:**  
This Session is for **WOMEN ONLY**

## ROTUNDA

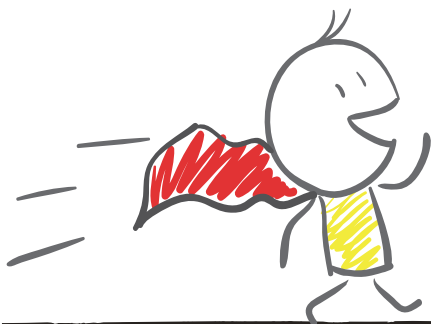
1:45pm-2:45pm



### WE HAVE THE POWER!

Everyone has something to offer! You have gifts you can share with your neighbors, with the community, and with the world around you!

Members of the *Our Voices Count* Self-Advocacy group will show you how each of us can contribute to make life better for ourselves and others.



**YOU**  
**Have the Power!**

## OCEAN

1:45pm-2:45pm



### HOW TO HIRE AND KEEP GREAT STAFF:

#### LESSONS FROM THE COOKIE BUSINESS BOSS

*Matt Belanger* started his own business making cookies.

Along the way, he learned some important lessons about what it means to be the boss, including how to hire and keep a great team of staff.

Join Matt, and co-presenters *Deb Belanger* and *Joe Rogers*, to sample some of his cookies and learn how to:

- \* Develop a job description and advertise for the position you're trying to fill
- \* Interview, Hire, Train, Support and Supervise **YOUR STAFF**
- \* Deal with employee conflicts and build a great team

## PATRIOT

1:45pm-2:45pm



### KNOW YOUR "NO"

(FOR WOMEN ONLY)

It's OK to say "NO"!

This interactive session with *Sandra Deryck* and *Patti Sheridan* will help women learn to "Own Your Own No".

Practice what no *feels* like, *looks* like and *sounds* like!

Women in this session will join together to make a "Shout Your No!" collage.

You will also have the opportunity to play a "Know Your No" board game.

Learn how our "NOs" help us stay safe and take care of our bodies and our hearts.



## TIVERTON

1:45pm-2:45pm

### BEST BUDDIES®



RHODE ISLAND

### OUT AND ABOUT WITH BEST BUDDIES

You can do things in the community without having to rely on your paid staff!

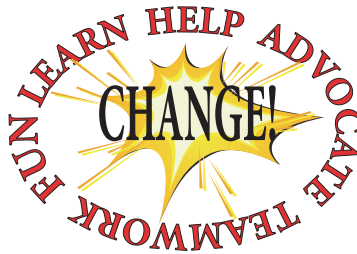
**Best Buddies** is a non-profit organization that pairs up individuals with and without disabilities to build one-to-one friendships.

If you're looking for ways to meet new friends and get out and about in the community, without relying on the support hours you have in your Service Plan, **Best Buddies** may be for you!

Presenters *Bill Guy, Jessica Null and Matthew Netto* will tell you more in this interactive session that includes music and a lot fun!

## BRISTOL B

1:45pm-2:45pm



### WORKING TOGETHER FOR CHANGE

Members of the *Advocates Connecting* Self-Advocacy group figured out a way to speak up and make a difference.

They joined together and met with the Director of one of the agencies that supports many of their members to talk about some concerns they had.

Find out how *Advocates Connecting* went from complaining to problem solving, and how you can, too.

Everyone sees the changes when we work as a team to make it happen.



## BRISTOL A

1:45pm-2:45pm



### SHAKE YOUR GROOVE THING (FOR MEN ONLY)

Sexuality is nothing to be embarrassed about!

Join presenters *Ken Renaud & Trefor Woronov* to learn about:

**Self-Pleasure and Loving Yourself**

**The Importance of Privacy**

**Safer Sex**

**Your Sexual Rights and Responsibilities**

### NOTE:

This Session is for  
**MEN ONLY**

## ROTUNDA

3:00pm-4:00pm

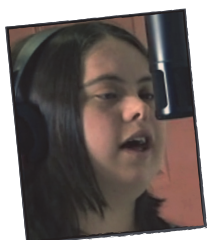


### LET'S MAKE SOME MUSIC!

Join musicians *Mark Cutler, Jimmy Isom, Bob Macaux and Sammy Smalley* for this interactive and entertaining session that's powered by music!

*Mark, Jimmy, Bob and Sammy* will share some of the songs they've been creating for the documentary they're working on with Advocates in Action RI called ***Best Judgment: Ladd School Lessons.***

This will also be a collective music-making jam session! Bring your ideas and bring your voice and sing if you want to, or just enjoy the tunes!



## OCEAN

3:00pm-4:00pm



### PEER TO PEER CONNECTIONS

Learn how to connect with Self-Advocates around Rhode Island, and in other states, by using Social Media tools!

Join *James Boucher and Keith Wilcox* to learn about Facebook and Google Hangouts.

James and Keith will also host an on-line meeting with Self-Advocates and Allies during this time.

Stop by and say hello to some new friends & colleagues.

***Power to the Peers!***



## PATRIOT

3:00pm-4:00pm



### POWER UP AND SPEAK UP!

***YO, SELF-ADVOCATES, YO!***

Join Rocky, Favio and the Favio-ettes for this Open Mic Session to talk about what it means to BE EMPOWERED.

Work, Home, the R-Word, Support, Relationships, Voting, Teamwork ...

**WHAT'S ON YOUR MIND?**

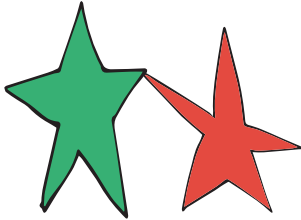
*Note:*

*We may be FILMING THIS SESSION to use to teach others about Self-Advocacy.*

*If you don't want to be filmed, please just let Rocky know, Yo!*



**TIVERTON**  
3:00pm-5:00



**DANCING WITH  
THE (STUDENTS) STARS!**

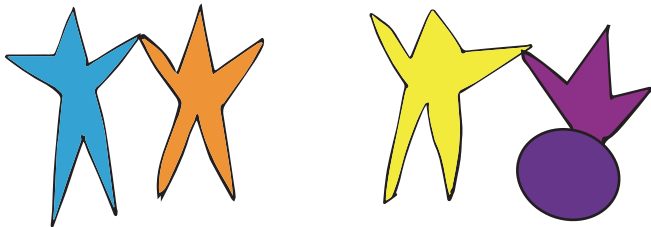
If you're tired from sitting around all day, it's time to get up and get moving!

Join Brown University students *Jaqueline Chang, Cassidy Wald, Ke'ala Morrel, Erin Smith and others* for a Power Hour Plus of Dancing Fun!

Learn some popular dance moves, share your own dance style, and let the music help you express yourself!

You should be dancing ...

**Y E A H!**



**BRISTOL B**  
3:00pm-4:00pm



**LAUGH WITH US!**

Knock Knock.  
*Who's There?*  
Fora Fun  
*Fora Fun who?*



For a Fun Time, come to this session!

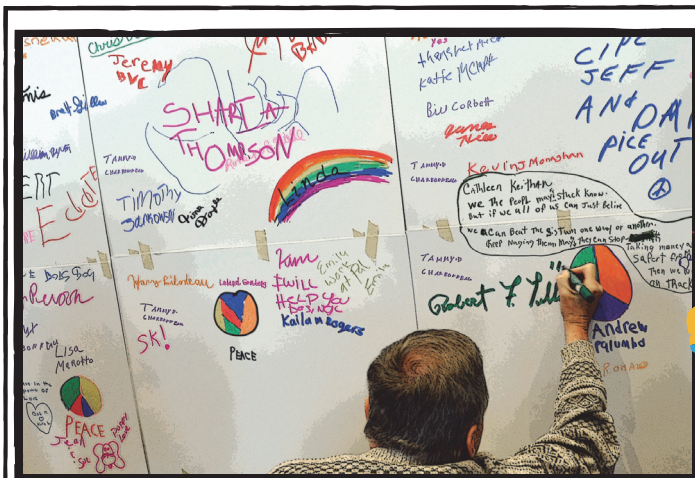
**Get Power Up with laughter!**

Join host comedians *Susan Birch and Kelly Richards* to hear some

Knock-Knock jokes and share your own.

You can also play charades, relax and have some fun.

We double dog dare you not to laugh!



Visit the Foyer to  
MAKE YOUR MARK  
on the  
**STORY WALL!**

What does



mean to you?

