

**Daily
Overview**

Friday, May 12th Schedule

7:00am-4:30pm	Registration & Shirt Pick—Up
8:00am-3:00pm	Exhibits
9:30am-10:30am	Opening Ceremony
10:45am-11:45am	Workshops (see following pages)
10:45am-4:00pm	Art Studio For All
12:00pm-1:15pm	Lunch (Burgers)
1:30pm-2:30pm	Workshops
2:30pm-3:00pm	Ice Cream Social
3:15pm-4:15pm	Workshops
4:30pm-5:15pm	Sing-A-Long
5:30pm-7:00pm	Dinner (Chicken Breast)
5:30pm-7:00pm	Irving Martin Award & Door Prizes
7:00pm-10:30pm	Dance!

Friday, May 12th Schedule

Room	10:45-11:45am	1:30-2:30pm	3:15-4:15pm
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Atrium 1	What Person-Centered Planning Means to Me	Self-Advocacy Online: A Great Tool For Empowerment	5 Easy Pieces
Atrium 2	Being Part of My Community - What that Means to Me	Identity: Where Does Disability Fit?	Cow Tipping Press: A New Way to Think About Disability
Atrium 3	70% - That's Not OK!	Sex Education (Oh My)!	You Deserve Healthy Relationships
Atrium 4	Yoga for All	Relaxation and Mediation	Sing Out! Songs for Self-Advocacy
Atrium 6	Old time Dance	Personal Safety & Self Defense	Wizard of OZ, Finding the Side by Side in our Communities
Atrium 7	ART and ME	The Rules they are a Changin'	Dealing with Difficult Situations--strategies and technology to help you
Atrium 8	Peer Networking for Young Adult Leaders	Quiet Room	Quiet Room
Veranda 1-4	Art for All	Art for All	Art for All
Veranda 5-6	Assertive Communication	Don't get scammed!	It's About You!
Veranda 7-8	Fun things to do in the community	Our Olmstead Journey	It's More than Just Words

Workshop Descriptions: Friday

10:45-11:45am

What Person-Centered Planning Means to Me

Atrium 1

Have you ever wondered how person-centered planning helps people? Here is your chance to learn from two experts! Join us to learn from Mike and Mark as they share their person-centered planning journey together; a journey that led to success for both men. Mike and Mark will share new tools to help you live your best life.

Presenters: Mike Williams and Mark Winters

Being Part of My Community—What that Means to Me

Atrium 2

Andy Hofer and his mom, Jody Hofer Van Ness, will share the journey Andy has taken over the past 28 years to be part of his community. Even though "Self-Determination" is a new word for many individuals living with a disability, Andy and his family have engaged in their local community for both support and services, but also as a volunteer and ambassador for individuals that interact with the world differently.

Presenters: Andy Hofer, Jody Hofer Van Ness

70% - That's Not OK!

Atrium 3

Lots of people with disabilities want to work. The problem is that there is a 70% unemployment rate. Come to this workshop to find out why so few people with disabilities are working in real jobs for real pay. Come to learn about the myths and realities of working in the community. Come to find out how you can be part of the solution to the employment problem.

Presenters: Jeff Nurick

Yoga for All

Atrium 4

Whether you are trying yoga for the first time or are an experienced yoga master, this class is for you. Treat yourself to a relaxing stretch of your body and mind. Everyone is welcome.

Presenters: Katie Thune

Old Time Dance

Atrium 6

This will be super fun! Back by popular demand, veteran dance caller Robin Nelson will lead us in a fun hour of old-time dancing, with a live string band! Robin will give you lots of permission to show your stuff: shake, swing, strut, promenade, dip and twirl. It's time to move your body the old-school way: with square dances and circle dances. Everyone is welcome!

Presenters: Robin Nelson (caller), Bret Hesla (guitar), Linda Breitag (fiddle)

Art and ME

Atrium 7

This workshop will talk about art and what it means to a person with a disability. Topics include - Possible types of art, what art means to me and much more.

Presenters: Kelly Pals

Workshop Descriptions: Friday

10:45-11:45am

Peer Networking for Young Adult Leaders

Atrium 8

Come to this workshop to find out how young adults with disabilities are supporting each other through a peer network. This panel of young leaders will share their journeys through hardships, learning self-advocacy, and their personal experiences as people with Fetal Alcohol Spectrum Disabilities (FASD). You will learn from the wisdom of these promising young leaders.

Presenters: Marissa Lang

Assertive Communication

Veranda 5-6

Everyone has difficult situations: family, co-workers, staff, even friends sometimes bring stress to our lives. Learn an easy 5-point process to stand up for yourself, reduce your anxiety, and improve your self-esteem.

Presenters: Eileen Buringrud

Fun Things to do in the Community

Veranda 7-8

This workshop will have three folks talk about things to do and you in the community. How to explore what to do in the community that you may enjoy. Topics include, but are not limited to, rock climbing, camp, community advocacy and much more!

Presenters: Brian DuBouis, Ross Keveles and Amanda Taylor

1:30-2:30pm

Self-Advocacy Online: A Great Tool for Empowerment

Atrium 1

Come and learn about the Self-Advocacy Online website. It has lots of information that will help self-advocates take control of their lives. This workshop will also cover how self-advocacy groups can use this website to share information and get conversations started in their meetings. We look forward to seeing everyone and hearing your ideas about how using the internet is making self-advocates stronger.

Presenters: Heidi Myhre and John Smith

Identity: Where Does Disability Fit?

Atrium 2

In this workshop, learn what it means to have a strong self-identity and explore ways to talk to others about your disability. This is a fun and interactive workshop in which we will do exercises and activities to explore your inner self and how it relates to your disability.

Presenters: Molly Giffin and Katie McDermott

Sex Education (Oh My)!

Atrium 3

Everyone has the right to correct information about relationships and sexuality to be happy, healthy and safe. Come to this workshop for answers to some of the common questions about sex and relationships. Get the information you need to make good decisions and have the healthy relationships you deserve.

Presenters: Mitchell Gunderson-Palmer

Workshop Descriptions: Friday

Relaxation and Meditation

Atrium 4

This workshop will discuss and demonstrate how to relax and to meditate along with an app and some music. Come to have some peace of mind.

Presenters: Nathaniel Clark

Personal Safety & Self Defense

Atrium 6

Do you feel safe out in the community? Can you feel confident when you need to say something to someone? Karate black belt Mary Brandl of BeProSafe Communications teaches ways to look strong and how to avoid, escape, or react in scary or difficult situations.

Presenters: Mary Brandl

The Rules they are a Changin'

Atrium 7

Did you know that there are rules and regulations that your service provider must follow to stay in business? Rules about your privacy, rules about you choosing where you live. Come to this workshop to learn about where these rules came to be and what happens if providers don't follow them. This workshop is about knowing our rights. This workshop is about knowing the laws and rules that protect our rights. This workshop is about standing up for our rights.

Presenters: Sean Burke

Don't Get Scammed!

Veranda 5-6

While the internet can be a really cool thing, it can also lead to new and clever scams that can take your money. Learn how to identify scams and avoid getting sucked in by fraud.

Presenters: Mark and Maria Arseneau

Our Olmstead Journey

Veranda 7-8

Olmstead is another word for human rights. It's a court ordered mandate that says people with disabilities need to be side-by-side with everyone else in the community. Come to this workshop to find out how three Olmstead Academy graduates' lives have changed as they stepped into leadership roles to help Minnesota be a place where everyone belongs.

Presenters: Jesse Schlichting, Melanie Gall and April Olson

3:15-4:15pm

5 Easy Pieces

Atrium 1

We have many different people in our lives. We use different types of touch with all of our relationships. Some relationships are healthy. These relationships are fun and make us feel good about ourselves. Other relationships are unhealthy. These relationships are not as fun and might actually make us feel bad about ourselves. We will explore healthy and unhealthy behaviors in relationships as well as learn the 5 pieces of a healthy relationship.

Presenters: Katie Thune

Cow Tipping Press: A New Way to Think About Disability

Atrium 2

Cow Tipping Press is about the power of the written word. In this session, you will explore the value of writing, using methods that work for your unique communication style. You will craft a piece of writing to take home. Open to anyone who uses words to communicate and is down for trying something new!

Presenters: Bryan Boyce, Vince Fiorilli

Workshop Descriptions: Friday

You Deserve Healthy Relationships

Atrium 3

There are many different types of relationships including: friends, family, romantic, and work relationships. Some relationships are healthy and some not. Come to this workshop to discover the difference between healthy and unhealthy relationships and practice setting boundaries.

Presenters: Tracey Montgomery, Meredith Kujala

Sing Out! Songs for Self Advocacy

Atrium 4

This workshop is for people who like to sing. Together we will sing songs written by self-advocates and allies about the struggles and victories of working for our civil rights. We will also create a new song to tell about our current experiences and dreams for a better world!

Presenters: Bret Helsa and Carol Robinson

Wizard of OZ, Finding the Side by Side in our Communities

Atrium 6

Travel down the Yellow Brick road to a community where people with disabilities work, play and live along side everyone else. Learn about courage, love and smarts from the Lion, the Scarecrow and the Tin Man. This presentation will give you ideas on how to travel down a road that leads to choice, freedom and inclusion to a land where everyone belongs.

Presenters: Patty McGlynn, James Lee, Carla Tice, Heidi Cartier, Adam Kendall, Audra Nikle, Charlie Baumer, Katie Baumer, Mark Kauk, Helen Bechold, Rhonda Anderson, and Tracy Livingood.

Dealing with difficult Situations— Strategies and Technology to Help You

Atrium 7

Everyone runs into difficult situations and people. This presentation will discuss ways to help you get through those situations, including the use of assistive technology. Speakers will lead the audience through discussion and role play to practice putting these strategies to use.

Presenters: Cindy Jarvie, Legal Advocate and Jennifer Giesen, Staff Attorney

It's About You

Veranda 5-6

Human Rights are rights and freedoms that everybody has from the moment we are born, simply because we are human beings. Come to this workshop to find out about a United Nations Treaty, a Minnesota integration mandate and more. It's about respect for the individual. It's about inclusion in community. It's about change in society. It's about YOU!

Presenters: Rick Cardenas

It's More than Just Words

Veranda 7-8

Communication happens through much more than just our words. Come to this workshop to learn how to use your body to send the right message, and avoid sending the wrong one.

Presenters: Don Larsen, Gail Larsen

Daily Overview

Saturday, May 13

Workshops Schedule

8:00am-1:00pm	Registration & Shirt Pick-Up
8:00am-1:00pm	Exhibits
9:30am-10:30am	Workshops
10:45am-11:45am	Workshops
12:00pm-1:00pm	Lunch (Chicken Penne Pasta)
12:00-1:30pm	Closing & Door Prizes

Room	9:30-10:30am	10:45-11:45am
Atrium 1	The Dark Side of Social Media & the Dangers of Cyber Bullying	Sports for All
Atrium 2	Be Happy and Safe - Finding the Right Balance for You	The Price is Right
Atrium 3	You Can Succeed	I can Speak for Myself
Atrium 4	Relaxation and Mediation	Sex Smart 101
Atrium 6	Lights! Camera! Action! Using Theatre to Promote Self-Advocacy	Living Your Dream
Atrium 7	Speaking Up for Yourself	Perseverance and Pain
Atrium 8	Quiet Room	Quiet Room
Veranda 1-4	Bingo!	Bingo!
Veranda 5-6	What does Self Advocacy mean to me	Leadership and advocacy: Bringing your voice
Veranda 7-8	That's Not My NAME - Respectful language matters	Independence is a Journey, Not a Destination

Workshop Descriptions: Saturday

9:30-10:30am

The Dark Side of Social Media & the Dangers of Cyber Bullying

Atrium 1

We will discuss the dangers that people can get into by using social media, how to safely use social media & what to look for. We will end discussing the serious epidemic of cyber-bullying and the effects.

Presenters: Meredith Kujala

Be Happy and Safe—Finding the Right Balance for You

Atrium 2

Parents, guardians and staff sometimes think that being healthy and safe is more important than being happy. Finding the right balance between happy and safe is the key to a good life. Come to this session to think together about how to balance health and safety with your life passions and desires. Be happy and be safe too!

Presenters: Barb Kleist

You Can Succeed

Atrium 3

Having a diagnosis does not stop us from accomplishing things in our lives. Join Nemeh Al-Sarraj to explore the message of hope and power that is often missing when we talk about disability. See how her disability has not stopped her from accomplishing her life goals. This speaker shows us by example how we can all succeed and contribute to the world.

Presenters: Nemeh Al-Sarraj

Relaxation and Meditation

Atrium 4

This workshop will discuss and demonstrate how to relax and to meditate along with an app and some music. Come to have some peace of mind.

Presenters: Nathaniel Clark

Lights! Camera! Action! Using Theatre to Promote Self-Advocacy

Atrium 6

Using theatre games, music, dance and poetry, you will discover how to use theatre to promote self-advocacy and disability issues. Join members of the United We Stand Players of New Ulm and Aktion Club Theatre of Mankato along with Wilbur Neushwander-Frink for this highly interactive session. Guaranteed to be lots of fun!

Presenters: Aktion Club Theatre and United We Stand Players Members and Wilbur Neushwander-Frink

Speaking Up for Yourself

Atrium 7

Radhika Holtz is a self-advocate and Deb Holtz is her mom. Radhika will share ideas about how to speak up for yourself, especially when you have a parent or guardian who talks a lot and likes to be in control.

Radhika and Deb will ask you to help them with role playing. This is a great workshop if you like to act and learn from others who are acting!

Presenters: Radhika Holtz and her mom Deb Holtz

Workshop Descriptions: Saturday

9:30-10:30am

What Does Self-Advocacy Mean to Me

Veranda 5-6

This workshop will talk about what it means to be your own advocate. What we have seen and what we hope to see.

Presenters: Joyce Diller, Linda Kuppenbocker, Ross Keveles

“That’s Not My NAME” —Respectful Language Matters

Veranda 7-8

In this workshop you will learn about the importance of using people first language. We need to stop the use of the r-word and other hurtful words! Join us for interactive activities, along with song and dance, that show the importance of using a person's name and not labels.

Presenters: Audra Nikle, Tracy Livingood, Patty McGlynn

10:45-11:45am

Sports for All

Atrium 1

Do you love sports? If yes, this workshop is for you. Come to see pictures and a slide show about what some sports fanatics (who happen to have disabilities) are up to. From playing softball to going to professional sports events to tailgating at the Viking training camp, people of all abilities are enjoying life together. Come to get some new ideas about how to include more sports in your life.

Presenters: Sean Hoaglund, Ciara Meyers, Mark Kauk and Stacy Olson

The Price is Right

Atrium 2

We will play the game The Price is Right as a fun way to learn about money. The game will include basics of money management and budgeting. You will explore the difference between wants and needs. Don't miss this opportunity to learn and have fun at the same time!

Presenters: Tracey Montgomery, Meredith Kujala

I Can Speak for Myself

Atrium 3

Assertive people get more of what they want in life. You can too! Don't miss this hands-on workshop to learn about assertiveness and practice some skills. See the difference between passive, assertive or aggressive. The result of practicing being assertive will be striking: you will feel better--and look good doing it.

Presenters: Brian Heuring, Dustin Anderson, Bev Kaler

Sex Smart 101

Atrium 4

This workshop is about healthy relationships, sexuality, and sexual violence risk reduction. Come to roleplay, practice safe boundaries, learn about respectful dating and your right to healthy, safe and informed sexuality. You will also learn about what sexual violence is and what you can do about it.

Presenters: Carly Mellot and Brittany Davidson

Sat—Descriptions

10:45-11:45am

Living Your Dream

Atrium 6

This workshop is about values. We will create a song about how our values help us live our dreams. Learn from other self-advocates about overcoming barriers that keep us from what we really want in life. Meet self-advocates who set high goals and achieved them! One owns his own business and another owns his own house! If they can do it, you can too!

Presenters: Nathan Miller, Carol Benedict, Brian Muhs, David Muhs and Savannah Knutson. and Maggie Treichel

Perseverance and Pain

Atrium 7

This workshop is about learning and using coping skills to overcome bad things that happen in life. We will share events of trauma and how they impact learning and how we see the world. A group activity will help us build coping skills to deal with difficult life experiences.

Presenters: Alison Canty

Leadership and advocacy: Bringing your voice

Veranda 5-6

Who can be a leader? Who can be an advocate? Anyone!! In this workshop we will discuss how these relate and how you can use your voice to make a difference.

Presenters: Tiffany Ostrom

Presenter Bios

Aktion Club Theatre is a large, upbeat theatre group located in Mankato. This group collaborates with many community groups and has completed 4 full-length plays related to issues of community inclusion, love and accessibility. This group also has a poetry group in collaboration with the Good Thunder Reading Program with MSU, Mankato. The group writes original poetry that is incorporated into the shows we stage.

Nemeh Al-Sarraj is a graduate of Metropolitan State University. As someone living with many disabilities she strives to bring awareness to everyone.

Fred Alexander is a 46 year old man who has received services since he was nine years old. Over the years, he has lived in institutions and many licensed facilities. In 2015, Fred was demitted from his group home and with no other open beds, was about to be sent to a out state facility, no where near family, friends, or his job. Fred and his supporters decided to find another way – supported living services in his own place! Fred will share his challenges, successes and lessons learned.

Dustin Anderson is actively involved in the self-advocacy movement on the local and regional level, including People First/Sherburne County and SAM Central Minnesota. Dustin is currently involved in the 2017 Olmstead Academy through ACT.

Maria Arseneau is a long-time self advocate and is the SAM NE representative. She served on the conference planning committee this year. Maria has learned first hand how sneaky internet scams can be and wants to pass along her knowledge on how to identify and avoid them.

Mark Arseneau served on this years' conference planning committee and along with his wife, Maria, is a SAM NE representative. Mark is known for his sense of humor, particularly his joke telling and puns.

Carol Benedict, a former group home resident, lives in Cambridge and will share how she was able to get out of a group home living situation.

Jaimie Bennett: The best listener and support person on the planet.

Presenter Bios

Bryan Boyce is a sibling of a brother with disabilities. He offers opportunity through the often inventive, always self-representative writing of Cow Tipping Press.

Mary Brandl is a 4th Degree black Belt in karate. She works with Minneapolis Community Crime Prevention and many crime victim groups locally and nationally.

Linda Breitag: Resident artist and teacher of creative ways to express yourself. Linda is also a top-notch fiddler. She is also a songwriter and artist who has worked with ACT for many years.

Eileen Buringrud is a licensed psychologist currently practicing in Oakdale MN. (She is also Mary Fenske's sister!)

Sean Burke is an attorney with the Disability Law Center and has spent a lot of time studying the rules that govern service for people with disabilities.

Alison Canty is a single parent of a thirteen-year-old girl. She recently completed an on-line project for folks who have disabilities. Her strengths are in the area of diversity, leadership development, equity integration, and disability awareness.

Rick Cardenas is a long-time disability rights activist.

Nate Clark is involved in the self-advocacy network. He has been involved in a training course study on human rights, Partner in-Policy-Making class 28, as well as Aktion Club Theatre.

Brittany Davidson is a staff person from the Central MN Sexual Assault Center of St. Cloud who does advocacy work with all survivors of sexual violence and on accessibility of services for survivors who have disabilities.

Joyce Diller: person with disabilities, person who works at MSS.

Brian DuBois: person with disability all around fun guy, person who works at MSS.

Vince Fiorilli had many dreams in his life. He even had so many dreams he didn't know where to start. After a while, all that was left was writing. And man, does he get compliments on what he writes and his imagination!

Melanie Gall: "I am 39 years old and live in Pierz, MN and I work at the Casino. I am also a self advocate".

Jennifer Giesen is a staff attorney with MDLC. She practices in the area of health care law with a focus on helping people obtain assistive technology.

Molly Giffin joined The Arc Greater Twin Cities in 2016 as a Planning Services Specialist. Her primary responsibilities are helping families plan for the future through person-centered planning.

Mitch Gunderson-Palmer is a Program Supervisor at the Arc Greater Twin Cities and leads efforts for adults with intellectual and developmental disabilities and their families that work toward full inclusion and equity.

Brian Heuring has been involved in the self-advocacy movement for more than a decade and is actively involved with SAM Central. Brian is passionate about people with disabilities speaking up for themselves and using respectful language to help get needs met.

Bret Hesla works for Advocating Change Together to help self-advocates raise their voices in harmony: celebrating self-advocacy and the power of human rights. We agree with Bret when he says, " When groups share their favorite song and sing new songs of power, good things happen."

Sean Hoaglund has been an advocate for 30 plus years. He has played sports on many different teams even when the team wasn't integrated.

Andy Hofer is a young adult who lives with two friends with support & works at two Medtronic facilities. He enjoys spending time with his family, bowling in a league with his step-dad, and participating in Special Olympics.

Jody Hofer Van Ness is Andy's mom. She is an Education Specialist at the Institute on Community Integration at the University of Minnesota.

Presenter Bios

Radhika Holtz is a self-advocate who knows how to speak up for herself in day programs, in a group home, and in life.

Deb Holtz is an advocate who loves her daughter Radhika, and sometimes talks too much and forgets to let Radhika run her own life.

Cindy Jarvi is a Legal Advocate who has worked for the Minnesota Disability Law Center (MDLC) for 18 years providing advocacy for students in special education as well as voting rights.

Bev Kaler has been involved with the Self-Advocacy movement for a long time. She is currently a SAM Organizer for the SAM Central region.

Mark Kauk has been a advocate for himself to the point that he stands on the side lines of all the home UND football games. Plus he likes all types of sports.

Mary Kay Kennedy is the executive director with Advocating Change Together Center on Disability Leadership.

Ross Keveles: advocate for persons with disability, person who works at MSS.

Barb Kleist is an outreach and training director at the Institute on Community Integration. Barb is passionate about self-advocacy, human rights, and a good cup of coffee.

Savannah Knutson lives in Cambridge and is an entrepreneur.

Meredith Kujala is the SAM NE Ally & works for Arc Northland. She has many years of experience teaching about self-advocacy & being an assertive person.

Linda Kuppenbocker: person with disabilities, person who works at MSS.

Marissa Lang: Supervisor of the MOFAS Young Adult Panel has 10+ years of experience working with youth and young adults with a FASD in transition contexts.

Don Larsen has been a long time SAM NW advocate. He was one of the self-advocates that started the Self Advocates Minnesota (SAM) network back in 2007.

Gail Larsen is widely viewed as the disability rights historian. She has an impressive book that documents the self-advocacy movement over the last decade.

Tracy Livingood is a self-advocate and has helped SAS ND to do many things throughout the years. She is very passionate and works hard to educate people to SHRED the R-WORD.

Katie McDermott joined The Arc Greater Twin Cities in 2015 as an Advocate Associate. Katie is the staff liaison to The Arc's Self-Advocacy Advisory Committee.

Patty McGlynn is a self-advocate from MN and a graduate of the Olmstead Academy 2015. Patty is very active in SAS ND and performing for change.

Carly Mellott is a self-advocate in the disability community, representative in SAM Central and a self-advocate volunteer with the Central MN Sexual Assault Center of St. Cloud on the 'Advocate for Survivor Accessibility' Advisory Group.

Ciara Meyers has been a support staff for the last 7 yrs. She's has helped with SASND and the LSPN.

Nathan Miller is a self advocate who lives in Cambridge. Nathan likes advocating for others and promoting change for people who want more independence.

Tracey Montgomery is the Housing Access Coordinator with the Arc Northland. She has assisted people with disabilities budgets to get into homes of their own.

Brian Muhs lives in Isanti. Brian promotes self advocacy and teaches people about Inclusion and how he and his brother started their own business.

David Muhs lives in Isanti and likes playing the drums. He is a co-owner of a vending business with his brother Brian.

Presenter Bios

Heidi Myhre is a long-time leader of the self-advocacy movement in Minnesota. She is a member of the Arc Greater Twin Cities board and is active in the Arc's Self-Advocacy Advisory Committee.

Robin Nelson loves to sing and dance with others. She has been calling dances for community groups since 1984.

Wilbur Neushwander-Frink has 23 years of experience working in the Minnesota Self-Advocacy Movement. She works with 3 self-advocacy theatre groups and writes all of the plays and performances for the groups. Wilbur loves theatre!

Audra Nikle has been involved with self-advocacy for 4 years and is a very passionate ally in the self-advocacy movement.

Jeffrey Nurick works at the Institute on Community Integration as Project Specialist. He is also a board member of MNAPSE and interned in the Clinton White House.

April Olson: " I am 30 years old, I am an ally for all people with disabilities and work for Lutheran Social Services. I love my job so much, some days it doesn't feel like work at all. "

Stacy Olson likes being included in any event because he's equal to do anything he wants to in his life.

Tiffany Ostrom heads up the Civic Engagement Program at MCIL and loves to talk about leadership and advocacy!

Kelly Pals: person with a disability, Interesting, fun, helpful and all around joy to be around, works at MSS3. Art shown at the Show Gallery.

Carol Robinson serves on the ACT board. One of the things she brings to the movement is her beautiful singing voice. She has written and led songs for social change at many ceremonies, conferences and events. She is an Olmstead Academy Class of 2015 graduate.

Jesse Schlichting: "I am 29 years old and I live and work in Little Falls. I am a fisherman 1st, a self advocate 2nd."

John Smith is a staff member at the Research and Training Center on Community Living at the University of Minnesota. He has also been active as an ally to the self-advocacy movement in Minnesota.

Amanda Taylor: advocate for persons with disability, person who works at MSS.

The United We Stand Players of New Ulm - a self-advocacy theatre group with 23 years of experience located in New Ulm. The United We Stand Players have staged 7 full-length plays and many performances all related to issues of disability including bullying, words that hurt, love, employment and accessibility. The group received the 2016 Human Rights Award of New Ulm for their advocacy over the many years.

Katie Thune has had over 20 years experience working with people with and without disabilities. Her vision is to empower people through movement, education, and awareness.

Maggie Treichel- SAM Community Organizer in Central region.

Mike Williams is first and foremost an advocate for himself and others. Along with his advocacy work, Mike loves to share his experiences through public speaking and training opportunities, and now as an employee at STAR Services.

Mark Winters has been a part of STAR Services Person Centered Planning facilitation services for several years and was fortunate enough to be invited to be a part of Mike's plan over a year ago.

The **All-Star Cast of the Wizard of OZ** includes graduates of the first Advocating for Change Together Olmstead Academy: Patty McGlynn, James Lee, Carla Tice, and this year's Academy participants, Heidi Cartier, Adam Kendall, along with SAS, N.D. Performing for Change, Audra Nikle, Charlie Baumer, Katie Baumer, Mark Kauk, Helen Behold, Rhonda Anderson, and Tracy Livingood.