

Daily Overview

Friday, March 8th Schedule

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|-----------------|---|
| 8:00am-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 (during workshop times) |
| 12:00pm-1:15pm | Lunch (BBQ Brisket Sandwiches) |
| 1:30pm-2:30pm | Workshops |
| 2:30pm-3:00pm | Ice Cream Social |
| 3:15pm-4:15pm | Workshops |
| 4:30pm-5:15pm | It's Up to You (Ideas will be posted on Waconia Ballroom doors) |
| 5:30pm-7:00pm | Dinner (Fried Chicken) |
| 5:30pm-7:00pm | Irving Martin Award & Door Prizes |
| 7:00pm-10:30pm | Dance! |

Friday, March 8 Schedule

Room

10:45-11:45am

1:30-2:30pm

3:15-4:15pm

| | | | |
|-------------------------|--|--|--|
| Anoka 1 | From Self-Advocacy to Demand | I Say Who I Am | Create Your Own Podcast |
| Anoka 2 | Assertive Communication | Uber and Lyft Yourself into the Community | I Can Speak For Myself |
| Anoka 3 | What is The Olmstead Plan? | Game Time - Meet New Friends Playing Games | Game Time - Meet New Friends Playing Games |
| Isanti 1 & 2 | Old Time Dance | Wizard of Oz - Finding Side by Side in our Communities | Theater for Everyone |
| Owatonna1 | Take Charge of Your Life - Alternatives to Having a Guardian | Dealing with Difficult Situations | Poetry Power with Cow Tipping Press |
| Owatonna 2 | Making My Own Way in the Community | Wellness Empowerment | They Can't Do That - Understanding the Role of Guardians |
| Owatonna 3 | Identity: Where Does Disability Fit? | Be Happy, Be Safe | Sex Smart 101 |
| Waconia 5 | Art for All - Description is Under Entertainment | Art for All | Art for All |
| Waconia 6 | Self-Advocacy Bingo - Description is Under Entertainment | Self-Advocacy Bingo | Self-Advocacy Bingo |

Workshop Descriptions: Friday

10:45-11:45am

From Self-Advocacy to Demand

Anoka 1

Want to get more of what you want in your life? Come learn how to be firm, clear, and concise. When you demand what you want, you're more likely to get it.

Presenters: Sonny Wasilowski

Assertive Communication

Anoka 2

Everyone has some difficult situations with family, co-workers and staff. Even friends sometimes bring stress to our lives. Come learn an easy 5-point process to stand up for yourself. Down goes anxiety, up goes self-esteem.

Presenters: Eileen Buringrud

What is the Olmstead Plan

Anoka 3

The State of Minnesota has a powerful plan: people with disabilities should be able to live where they want, go to school where they want, work where they want, and live a life that makes them happy. Come find about this plan and how it can help YOU.

Presenters: Darlene Zangara

Identity: Where Does Disability Fit?

Owatonna 3

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.

Presenter: Katie McDermott and Justine

Old Time Dance

Isanti 1 & 2

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's expert calling 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 line dances and circle dances. Everyone is welcome!

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

Take Charge of Your Life - Alternatives to Guardianship

Owatonna 1

We need your help. We are trying to teach people about alternatives to guardianship. If you were once under a Guardianship, but now have your rights back, we want to hear your story. If you used to be a Guardian but ended the Guardianship to try something less restrictive, we'd like to hear your story. Come to tell a story, or listen and learn.

Presenters: Anita Raymond and Barb Kleist

Making My Own Way in the Community

Owatonna 2

Don't let services box you in. Andy has a powerful story to tell about how he turned his life around. He went from being controlled by services to being in charge of his own life. Come to learn how he did it and get some tips on how you too, can have more choice and control in your life.

Presenters: Andy Hoffer and Darren Schweiger

Workshop Descriptions: Friday

1:30-2:30pm

I Say Who I AM

Anoka 1

Come help write poems about disability power! Yes, you too can be a poet. We will read a poem about roots and use other fun methods to write our own poems and read them out loud.

Presenters: Maggie Treichel and SAM Central Self-Advocates

Uber and Lyft Yourself Into the Community

Anoka 2

Are you tired of no bus service? Are you tired of no rides to where you want to go? Come learn how to use Uber and Lyft. Hello independence!

Presenters: Nate Clark

Game Time

Anoka 3

Come and meet new friends or reconnect with old ones over a fun game. We will have some classic games and likely some your unfamiliar with.

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

Isanti 1&2

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. Find out how to get more choice, freedom and inclusion in your world.

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

Dealing with Difficult Situations

Owatonna 1

Everyone runs into difficult situations -- and people. This presentation will let you learn and practice ways get through those situations: including assistive technology, role play and other methods.

Presenters: Cindy Jarvie, and Jennifer Giesen

Wellness Empowerment

Owatonna 2

What do health and wellness have to do with personal empowerment? Come to this workshop to find out! You will learn about how to get help to live a healthy life. And, you will get wellness tips you can do at home - simple and, quick.

Presenters: Ben Swarts

Be Happy, Be Safe

Owatonna 3

Parents, guardians and staff sometimes think that being healthy and safe is more important than being happy. Finding the right balance 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

Workshop Descriptions: Friday

3:15-4:15pm

Create Your Own Podcast and Radio Episode!

Anoka 1

Learn how to make a podcast, from the core idea to interviewing to writing to using top-grade recording equipment. Workshop leader will edit what we create, mix it, play on local radio.

Presenters: Katharine DeCelle

I Can Speak for Myself

Anoka 2

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. You will feel better--and look good doing it.

Presenters: Brian Heuring and Dustin Anderson

Game Time

Anoka 3

Come and meet new friends or reconnect with old ones over a fun game. We will have some classic games and likely some your unfamiliar with.

Theatre for Everyone

Isanti 1&2

Members of two theatre clubs will teach you how to play fun interactive theatre games.

Be prepared to sing, dance and actively engage in this session. Experience how theatre can be made accessible and inclusive for all.

Presenters: Wilbur Neushwander-Frink

Poetry Power with Cow Tipping Press

Owatonna 1

Words have power. In this session, you will learn writing methods that work for your unique style. Then you will write something to take home. Open to anyone who uses words to communicate and is down for trying something new!

Presenters: Bryan Boyce and Danny Roherty

They Can't Do That! The Role of a Guardian

Owatonna 2

Do you have a guardian or conservator? Do you ever wonder just how much power your guardian/conservator has? Have you ever disagreed with decisions your guardian or your providers are making about things you want to do? Sometimes guardians and providers make decisions because they want to make sure you are safe, but you may disagree with them, and want to do things that make you happy. Listen up: People under guardianship still have important rights. Come hear about it.

Presenters: Anita Raymond

Sex Smart 101

Owatonna 3

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.

Presenters: Meredith Kujala and Carly Mellot

Daily Overview

**Saturday,
March 9**

Workshops Schedule

| Room | 9:30-10:30am | 10:45-11:45am |
|--------------|---|---|
| Anoka 1 | Your Body, Your Power | Peaceful Mind - Meditation |
| Anoka 2 | Artificial Eyes, Real Vision | Martial Arts History & Activities |
| Anoka 3 | Why People First? | Game Time - Meet New Friends Playing Games |
| Isanti 1 & 2 | Self-Defense | Singing Party with the Side by Side People's Chorus |
| Owatonna1 | Poetry Power with Cow Tipping Press | What do You Mean by Quality? Regional Quality Council |
| Owatonna 2 | The Dark Side of Social Media & the Dangers of Cyber Bullying | You Deserve Healthy Relationships |
| Owatonna 3 | Is Society Ready for Parents with Disabilities? | How I Learned to Be an Advocate |
| Waconia 5 | Art for All | Art for All |
| Waconia 6 | Self-Advocacy Bingo | Self-Advocacy Bingo |

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| 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 (Pulled Pork) |
| 12:00-1:30pm | Closing & Door Prizes |

Workshop Descriptions: Saturday

9:30-10:30am

Your Body, Your Power

Anoka 1

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

Artificial Eyes, Real Vision

Anoka 2

Come open your mind and learn about people who are visually impaired. Mitchell will lead a 6-part presentation that is sure to help you understand how blind people work, live, and enjoy community life side-by-side with everyone else in the community.

Presenters: Mitchell Neumiller

Why People First?

Anoka 3

Have you ever wondered why the People First movement is so important in the on-going struggle for civil and human rights for people with disabilities? Here's your chance to learn. Members of People First of Minnesota will share their stories about how they got involved and things they have learned over the years. Maybe you'll get involved, too.

Presenters: Members of Peoples First Minnesota

Personal Safety and Self-Defense

Isanti 1&2

Do you feel safe out in the community? Can you feel forceful when you need to say "No" to someone? Karate black belt Mary Brandl of BeProSafe teaches ways to look strong and how to avoid, escape, or react in scary or difficult situations.

Presenters: Mary Brandl

Poetry Power with Cow Tipping Press

Owatonna 1

Words have power. In this session, you will learn writing methods that work for your unique style. Then you will write something to take home. Open to anyone who uses words to communicate and is down for trying something new!

Presenters: Bryan Boyce and Danny Roherty

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

Owatonna 2

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.

Presenters: Meredith Kujala

Is Society Ready for Parents with Disabilities?

Owatonna 3

People with disabilities can be parents. The supports they need are similar to parents who are seniors. We will share our story, and explore what supports there are.

Presenters: Darrell Paulsen Nikki Villavicencio

Workshop Descriptions: Saturday

10:45-11:45am

Peaceful Mind - Meditation

Anoka 1

Learn the skills to reduce your anxiety and stress in your daily life. Come to this workshop to experience the peaceful power of mediation.

Presenters: Nate Clark

Martial Arts History & Activities

Anoka 2

You'll hear the history of Martial Arts and then learn some fun moves that you can practice on your own. Everybody welcome. Everybody can do it.

Presenters: Sam Hesla and Jeff Sidner

Game Time

Anoka 3

Come and meet new friends or reconnect with old ones over a fun game. We will have some classic games and likely some your unfamiliar with.

Singing Party with the Side-by-Side Singers

Anoka 3

If you love to sing, you'll want to come to this session. It's an open sing-along with the Side by Side People's Chorus from St. Paul, MN. We'll sing pop songs, folk songs, and lots of songs of human rights. We'll even practice one song to lead at today's closing ceremony. All voices welcome.

Presenters: Bret Hesla

What Makes a Quality Life

Owatonna 1

Do you have the freedom to make decisions and choices without being controlled by others? This workshop will help you see how having real choices and decision making power leads to a better quality of life.

Presenters: Karen Larson

You Deserve a Healthy Relationship

Owatonna 2

Any relationship can have problems: friends, family, romantic, and work relationships. Don't get stuck in a bad one. Come learn the difference between healthy and unhealthy relationships and practice setting boundaries.

Presenters: Meredith Kujala

How I Learned to Be an Advocate

Owatonna 3

I'm going to tell you the tools I used to become a self-advocate: Involvement with Politics, Advocacy Training, fighting for yourself and not to giving up. Find out how you can use these, too.

Presenters: Thomas Chandler Robinson