

24th ANNUAL PEOPLE FIRST OF WEST VIRGINIA SELF-ADVOCACY CONFERENCE

September 6-8, 2017

Jackson's Mill • Jane Lew, WV

It's Your Day. It's Your Choice.



Be Awesome!

The People First Conference is designed to provide individuals with intellectual, cognitive, and related developmental disabilities with the knowledge and skills needed to successfully advocate for themselves on many issues. All sessions involve a lot of participation and are adapted and modified, when necessary, so individuals of all cognitive levels can understand and participate.

For More Information call 1-877-334-6581

WEDNESDAY - SEPTEMBER 6

10:30 am – 12:00 pm **Conference Registration**

11:30 am – 12:15 pm A lite lunch WILL be served at Jackson's Mill again this year! Take-out boxes will be available if you want to head back to your cottage/room to unpack.

12:30 pm **Mandatory People First of WV Officer Meeting - Assembly Hall**

1:00 pm - 2:30 pm **Opening Remarks / Welcome & Introductions**

- **Celebrate 2016-2017's Accomplishments** through music, videos, and photos
- **Meet Your Candidates** who are running for PF of WV officers for the 2018-2020
Each candidate has prepared a campaign speech to be presented to this year's conference attendees. You may be familiar with the names of candidates running for the offices of President, Vice President, Secretary, Treasurer, and Sergeant at Arms, but not at all familiar with their experience or what is important to them. This session will introduce you to those who want your vote!
- **Hear from People First of West Virginia's Self-Advocate Topic Experts**

3:00 pm - 4:30 pm **Class #1**

- ◆ Money Management and Budgeting Your Own Funds
- ◆ Sign Language
- ◆ Healthy Relationships
- ◆ Growing Your Self-Advocacy Skills
- ◆ Dining Manners and Etiquette

5:00 pm – 6:30 pm **Dinner**

6:45 pm – 7:45 pm **Evening Small Group Activity:** Miss Manners "Jeopardy"

8:15 pm - 9:45 pm **Choice of Evening Activities:** Campfire / Board Games (MUST bring your own games)

THURSDAY - SEPTEMBER 7

7:30 am - 8:30 am **Breakfast**

8:45 am - 10:15 am **Class #2**

- ◆ Employment: How To Interview For A Job
- ◆ Social Media Manners & Etiquette
- ◆ Learn A Skill: Gardening
- ◆ Photography & Videos: Capturing Positive Images
- ◆ Nutrition & Exercise

10:45 am – 12:00 pm

General Assembly with Keynote Speaker

Sara Wolff is 34 years old, lives in Moscow, Pennsylvania and happens to have Down syndrome. She is employed at a law firm in Scranton, Pa. As an Inspirational & Motivational Public Speaker, she speaks to various organizations, schools, and professionals. Sara has many connections to the Down syndrome community and is very passionate about the importance of Self Advocacy for individuals with intellectual and



developmental disabilities. She is a member of The Arc of Northeastern Pennsylvania Board of Directors, Friends of The Arc Auxiliary, and serves as a board member at the state level with The Arc of Pennsylvania. In addition, she serves on the National Down Syndrome Society Board of Directors, participates on their Self Advocacy Advisory Board and is a DS Ambassador. Sara enjoys lobbying in Washington DC, and sometimes in Harrisburg, on important issues that relate to her personally and for others with Down syndrome & other disabilities. When she is not working on Self Advocacy, NDSS, The Arc, ABLE, or working...she enjoys bowling, swimming, football and listening to music.

12:15 pm - 1:15 pm

Lunch

1:30 pm - 2:30 pm

General Assembly – Importance of Disability Awareness & People First Language

This session will focus on how to educate other self-advocates, direct care staff, and people in the community about being respectful when they are speaking about people with disabilities. You will learn ways to educate or correct them when they use language and/or actions that is outdated or inappropriate.

2:45 pm - 4:15 pm

Class #3

- ◆ Improving Personal Appearance: Clothes, Hygiene, Hair Care
- ◆ Aging: Issues People With Disabilities Face
- ◆ Cooking and Meal Preparation
- ◆ First Aid and Safety
- ◆ Learn A Skill: Clean Your House & Clean Your Clothes

4:15 pm – 5:30 pm

Leisure Activities

Choir/Music • Free Time • Tour Jackson's Mill • Painting & Art • Bingo • Yard & Outdoor Games.....INDOOR (Table Tennis, Kerplunk, Corn Hole)

5:30 pm - 6:30 pm

Dinner

6:30 pm - 7:30 pm

Election of Officers – Cast Your Ballots

(followed by Porch Meetings-on your own) Meet with your own group or join other groups on their porches or to discuss how you will stay connected throughout the year. If you don't have a porch, the one in front of the dining hall is always available!

8:00 pm - 10:00 pm

Dance and Socialize

FRIDAY - SEPTEMBER 8

8:00 am - 9:00 am

Breakfast

9:15 am - 10:45 am

What Will Your Tomorrow Look Like? What Choices Will You Make?

Exploring and Determining Your Goals For The Future

10:45 am - 11:30 am

Recognition of Advocacy Partner Organizations and Agencies

Individual and Group Advocacy Awards

Conference Registration

Registration forms must be received by August 18, 2017. The amount of room and funds available to support the conference will limit the number of participants. Don't take a chance - get your registration in early. Mail registration forms and payment for registration (if applicable) and lodging to: **People First of WV, 912 Market Street, Parkersburg, WV 26101 / Email - registration@peoplefirstwv.org / Fax - 304-865-2072**

Class selection will take place at the conference when you register.
Classes will be on a first-come, first-serve basis and some class sizes are limited.

Meals

All meals will be all-you-can-eat and served family or buffet style. Special diets will be accommodated but must be listed on the registration form. Specific details for Diabetic Diets are on the actual registration form.

Lodging

Please select your room based on accessibility needs and read carefully.

IF YOU NEED FULL ACCESSIBILITY (ENTRANCE & RESTROOM) THE ONLY OPTIONS ARE FOR LEWIS OR NORTHERN PANHANDLE COTTAGES. THESE ARE CO-ED BUT WE SECTION OFF FAMILIES AND MALE/FEMALE AS MUCH AS POSSIBLE.

Cottages (\$14.50/per person per night)

Jackson's Mill is well-known for its unique dormitory-style housing located around the grounds. The sizes of the cottages vary from 15 to 56 beds, with only a FEW cottages having an accessible entrance.

Bed linens are furnished, but you will need to bring towels, washcloths, shampoo, and soap.

*The following options are extremely limited in number and are **ONLY** available for those who have accessibility or environmental needs.*

Private Rooms - \$55.00/room per night (twin beds / must be 2 people per room)

Located in various cottages, the private rooms have two single beds, private entrances, and private bathrooms. Bed and bath linens are provided. Private rooms are very limited and are given based on need.

Some private rooms have accessible entrances, while others do not.

Lodge Rooms - \$72.00/room per night

(full-size beds / minimum 2 people per room / 3-4 people per standard room required due to requests)

Located in Jackson Lodge; these motel-type rooms have two full beds. Bed and bath linens are provided.

Lodge rooms and entrance are NOT accessible.



West Virginia Developmental Disabilities Council

