Advocate NH 7th Annual Conference
The Future of Advocacy
A day-long networking and skill-building event by and for people involved in disability advocacy in New Hampshire
Friday, September 27, 2019 | 9:00am–3:30pm
Grappone Conference Center, Concord NH
Register Now! www.iod.unh.edu/advocate2019

Advocacy: Learn It! Live It! Love It!

Full Name of Person Attending: _____________________________________________
Organization or Employer: __________________________________________________
Title or Role: __________________________________________________________________
Note: This is printed on your nametag, under your name. How do you want to identify yourself to others?

Mailing Address: _____________________________________________________________
City: __________________ State: ___ ZIP: ______ Phone: _____________________
Email Address: _____________________________________________________________

Dietary/ accessibility accommodations: ____________________________________________

Morning Spotlight Session (Choose One) AFTERNOON SPOTLIGHT SESSION (CHOOSE ONE)
☐ Ordinary Items, Extraordinary Solutions ☐ Ordinary Items, Extraordinary Solutions
☐ Gentle Yoga for Well-Being & Personal Growth ☐ Gentle Yoga for Well-Being & Personal Growth
☐ Employment: Find It! Keep It! Love It! ☐ Sexual Self-Advocacy

We send reminders about the conference by email. Do you need a different type of reminder?
☐ Yes, text me a conference reminder to cell phone #: ________________________
☐ Yes, send me a conference reminder by postal mail to the address listed above.
☐ Check if a DSP will accompany you at the conference to support your full participation.
DSP Full Name: ___________________________________________ Phone: ________________
DSP Email Address: ______________________________________________

Please Choose Payment Type:
☐ Check enclosed/ in mail – payable to University of NH ☐ Will bring cash/ check/ card to event
☐ Email an invoice to my organization – Billing Email: ___________________________
☐ Credit Card in advance. Email link to pay online securely to: ________________________

7 days’ cancellation notice required for refund. See iod.unh.edu/events for full event policies.

Questions? Call Cat Jones: 603-228-2084 or email cat.jones@unh.edu
Advocate NH invites you to join us at our 7th annual Advocacy – Learn It! Live It! Love It! Conference, Friday September 27!

The theme of the 2019 conference, The Future of Advocacy, represents a chance to ask, What does a truly inclusive community look like? and How can I live my best life?, then work together to figure out what steps we can take to realize our visions of a better future.

Whether that means learning about finding a job that is a good fit, meeting new friends and building relationships with others, learning strategies for looking after your health and well-being, and sharing ideas about how we use technology, our conference is about sharing how we ALL can be valued members of the community.

Keynote Presentation

The Power of One: Yes, You Got This!

Show up, speak up, stand up, throw up, but never give up! Because YOU GOT THIS.

Discover your inner power, joy, passion, and belief that you have everything you need at this moment to change the world.

Therese Willkomm, Ph.D.
Director
Assistive Technology in New Hampshire

Conference Schedule

**MORNING**
8:30–9:00 Registration, Breakfast
9:00–9:15 Welcome, Introductions
9:15–10:30 Keynote Presentation
10:30–10:45 Break
10:45–12:00 AM Spotlight Sessions

**AFTERNOON**
12:00–1:00 Lunch, Awards Ceremony
1:00–1:15 Break
1:15–2:30 PM Spotlight Sessions
2:30–2:45 Break
2:45–3:30 Closing Activity

Spotlight Sessions

**Ordinary Items, Extraordinary Solutions**
Presenters: Therese Willkomm, Director, Assistive Technology in New Hampshire
This session will discuss and demonstrate hundreds of ordinary items that can be turned into extraordinary solutions to maximize independence in all life activities for individuals who experience physical, sensory, or cognitive disabilities.

**Gentle Yoga for Well-Being & Personal Growth**
Presenters: Keith Beasley, Certified Yoga Instructor
This session will be offered in the morning and again in the afternoon
Yoga is an ancient practice that centers on creating wholeness by uniting the mind, body, and spirit. Our practice will center on breath awareness and facilitating ease of movement recognizing that everyone is different and has a unique body. You will be guided through yoga exercises that are accessible and repeatable. Emphasis will be placed on balancing ease and effort during the exercises, coordination of movement with the breath, finding the general shape of the pose (not perfection), diaphragmatic breathing, and relaxation.
Note: No special clothing or yoga equipment is needed. You will be able to participate while seated in a chair.

**Employment: Find It, Keep It, Love It!**
Presenters: Kelly Erhart, member of Advocate NH Committee, Advocate 4 Yourself, People First NH, NH Mental Health Consumer Council, Gateways Family Advocacy Network, and Charting the Life Course Steering Committee
Jayme Putnam, On-Demand Employment Specialist, PLUS Company
A presentation for those looking for employment or thinking about their next step in employment. An introduction to the employment process, maintaining good workplace practices, and using tools to find a job that is a good fit. We will also briefly touch on things to keep in mind about discussing your disability with employers, practicing interview questions, and what a career trainer does and how they might help.

**Sexual Self-Advocacy**
Presenters: Laura Main, Advocate NH Committee Member; Treasurer of People First NH Isadora Rodriguez-Legendres, Executive Director, NH Council on Developmental Disabilities
Relationships are an important part of the human experience. This workshop will help individuals understand decision-making processes related to relationships. It also will provide some tools for identifying healthy and unhealthy sexual relationships.