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The **Down Syndrome Aim High Resource Center**
and the **Center for Disability Services** present



***Beyond Our
Wildest Dreams***
Annual Conference...

GET CONNECTED!

SATURDAY, APRIL 28, 2012

7:30 am - 4:00 pm

FAMILY DANCE

Featuring DJ Jim Burton

FRIDAY, APRIL 27, 2012

6:00 pm - 9:00 pm

Holiday Inn, Wolf Rd, Albany

Registration Packet

Dear Friends:

It is our great pleasure to present to you the **2012 Beyond Our Wildest Dreams Annual Conference!** This year's theme, *Get Connected*, will provide new ways to get connected to new technology for learning, new avenues for interpersonal growth, and to new developments in health care. As always, this day-long event is a great way to hook up with old friends and meet new ones, and to access new community resources. The conference has also been a wonderful way for the Down Syndrome Aim High Resource Center (DSAHRC) to get connected with its co-sponsor, the Center for Disability Services (CFDS). The DSAHRC recognizes that it can provide a broader array of resources, experts, and an expanded audience for its conference through this valuable partnership. We have also brought new ideas to the conference through an expanded Conference Planning Committee. Steve Holmes, Executive Director of the Self Advocacy Association of New York State, continues to be a highly valued partner in the development and facilitation of the Self-Advocate program. It is our goal to use this conference as a way to *get connected*, and *stay connected* with the DSAHRC and the CFDS all year long through ongoing workshops that expand on some of the topics presented today. We look forward to your feedback on the topics that would be of most interest to you! We wish you all a wonderful day of learning, networking and fun!

Michelle Moorhead
Conference Co-Chair
Down Syndrome Aim High
Resource Center (DSAHRC)

Donna Lamkin
Conference Co-Chair
Center for Disability Services
(CFDS)

Conference Schedule

Registration & Continental Breakfast	7:30 am - 8:45 am
Welcome <i>Michelle Moorhead, Conference Committee Co-Chair, DSAHRC</i> <i>Donna Lamkin, Conference Committee Co-Chair, CFDS</i>	8:45 am - 9:00 am
Keynote Speakers <i>Michael Cardella and Barbara Cardella</i>	9:00 am - 9:45 am
Featured Speaker <i>Vicki Windman, BridgingApps.org</i>	9:45 am - 11:00 am
Break	11:00 am - 11:30 am
Breakout Sessions (1-3)	11:30 am - 12:30 pm
Lunch	12:30 pm - 1:30 pm
Breakout Sessions (4-6)	1:30 pm - 2:30 pm
Break/DSAHRC Annual Meeting	2:30 pm - 3:00 pm
Breakout Sessions (7-9)	3:00 pm - 4:00 pm

DSAHRC Annual Meeting

We encourage all interested to attend our annual membership meeting. Participants will hear an update from our outgoing President, Harm Velvis, and will have the opportunity to elect the new slate of officers for 2012-2014.

Break



Following the Featured Speaker Session, start your morning off right by meeting with other conference attendees to discuss similar issues and share resources over a cup of coffee or tea. All attendees are encouraged to visit our Exhibitors as well as the DSAHRC and CFDS tables to see what is new.

Please join us!

Keynote and Featured Presentations

Keynote Presentation: 9:00-9:45 am

“Staying Connected to My Community” with Michael Cardella and Barbara Cardella

Parents know the dreams we have for our children with disabilities: dreams they will be accepted, productive, happy, independent, having friends, jobs and many choices. As a positive outcome to inclusive education, Michael Cardella will show that dream is a reality. His personal motto, “God Don’t Make Junk!” is evident to all who meet him.

Michael will, in his spontaneous and charming way, demonstrate “living the dream.” His positive self-image, sense of humor, and winning personality shows the ways he stays connected: it is the key to getting a real life! Barbara will share the parents’ perspective.

Michael Cardella is a 3x Certified Toastmaster and the Sergeant-at-Arms of Thorobred Toastmasters in Saratoga Springs, NY. He is a member of the Self Advocacy Association of NYS Speakers Bureau, representing self-advocates with disabilities across New York State, and is an alumnus of AmeriCorps*VISTA (Volunteers in Service to America).

Michael was a 1998 graduate of Schuylerville High School receiving an IEP diploma. He was always educated with, and graduated with his nondisabled peers.

An avid self-advocate, Michael is also a graduate of *Partners in Policymaking*, and was chosen to represent New York State in *Project Leadership* in Washington, DC, a project of national significance for advocates and self-advocates across the Nation.

Michael has given keynotes, workshops and presentations at numerous conferences, statewide, nationally and internationally in Guatemala and Nassau. His personality and unique sense of humor comes through in his speaking, enthraling audiences everywhere.

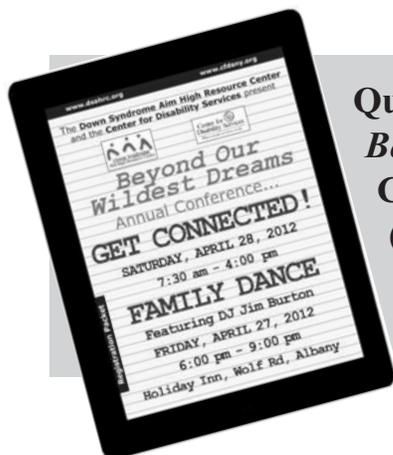
Additionally, Michael has been competitively employed in his community since graduation. He is currently an employee of Hannaford (for 3+ years), and recently “retired” from Applebee’s, where he worked for over 9 years. His choice has been to continue working part-time because he insists, “I don’t want *work* to interfere with my *life*.” Michael truly has a great life, and he will share that in his presentation.

Barbara Cardella, a Distinguished Toastmaster, is a retired Educational Advocate, having been a parent advocate for over 30 years: assisting countless families across New York achieve positive results for their own children.

For 15 years she was the Vice-president of New York State Schools Are For Everyone (SAFE), a statewide organization of parents and professionals promoting inclusive education for students with disabilities. In that capacity she held both the State and National governments accountable for ensuring quality education for students with disabilities, advocating for both new legislation and monitoring the implementation of existing policies and procedures. Her personal satisfaction comes from Michael’s achievement of a real, quality and fulfilling life in his community.



Barbara and Michael Cardella



Questions about this year’s
Beyond Our Wildest Dreams Conference?
Contact the DSAHRC at
(518) 438-1113 or info@dsahrc.org
or the CFDS at (518) 944-2107 or
Coleman@cfdnsny.org

Featured Presentation: 9:45-11:00 am

“BridgingApps to Close the Gaps” with Vicki Windman

Growing up with a Developmental Disability can be daunting and frustrating at best for children, their parents, and school systems. Helping these children and young adults to reach their full potential is a tremendous challenge. One avenue making tremendous strides in this area is technology, particularly with the use of special applications or “apps”. **BridgingApps.org** is an organization created specifically for this purpose. BridgingApps is a community of parents, therapists, doctors, and teachers who share information on how we are using the iPad, iPhone, iPod Touch, and Android devices with children who have special needs. Through these apps, individuals with disabilities are able to communicate, integrate information, and enhance their skills and knowledge. One iAdvocate intimately involved with BridgingApps is Vicki Windman, a special education teacher from Rockland County, New York.



Vicki Windman

Vicki Windman is the apps and curriculum director for **BridgingApps.org**. Stemming from the work she began doing at Clarkstown High School South in West Nyack, NY, Vicki first found BridgingApps online. As a special education teacher and naturally drawn to technology, for years Vicki had used whatever tools she could find on the computer to help her students learn at an accelerated level. With the advent of the iPad and a few beginning apps that aided children with the basics of English and math, Vicki knew this was going to go far beyond what anyone could imagine. She bought an iPad and downloaded numerous programs (some for free, many for fee paid out of her own pocket) and brought this new device to her classroom. Working individually with each student, choosing apps tailored to their particular needs, she saw a new world unveiling itself before her eyes. The elation students were feeling was tremendous. Vicki was a recipient of a CVS Caremark grant, which enabled her to provide iPads for the classroom. Parents, administrators, and other teachers took note. Vicki now runs her classroom on iPads – each student has one – and is using apps now for IEP goals.

Ms. Windman has been named *teacher of the year* four times and received an award for most innovative teacher in 2011. Vicki was also on local Westchester TV and radio stations sharing her experiences of using the iPad with students with special needs. Additionally, Vicki writes weekly blogs for *Tech and Learning* magazine and continues to work closely with BridgingApps as they expand use of this technology nationally with the endorsement of Easter Seals.

Vicki Windman lives in New York City and is the mother of two sons, Max, 25 and Ned, 21.

Breakouts 1-3: 11:30 am - 12:30 pm

1. GETTING YOUR CHILD CONNECTED TO AN iPad

Debbie McAllister, Education Assistive Technology Specialist Cloverpatch Programs, Center for Disability Services (CFDS)

This workshop will pose the questions a parent should ask before purchasing an iPad for a child. We will walk through some of the reasons an iPad could be helpful as well as some reasons it may not. We will go on to talk about some apps in each domain (such as OT, speech, etc.) and some helpful resources that will keep you going after the workshop.

2. SEXUAL CONSENT AND SUPPORTING THE SEXUAL DEVELOPMENT OF PEOPLE WITH DEVELOPMENTAL DISABILITIES

Steve Marcal, Psy. D., Sr. Director of Behavioral Services, CFDS

Colleen Carroll-Barbuto, LCSWR, Residential Director of Social Work, CFDS

Sexuality is an integral component of life. This workshop will provide an overview of key issues with regard to sexuality and developmental disabilities. Such individuals face unique challenges in meeting their social-sexual needs. Agencies serving this group also face challenges of balancing the needs of individuals with their abilities to understand and participate in relationships and sexual activity. Our discussion will include: needs and resources for sex education, the role of a person’s family in decision making, exploitation risks, and consent ability – including the sexual consent assessment and procedure developed by CFDS.

3. TREATING SEIZURE DISORDERS IN DOWN SYNDROME

Jess David Collins, MD, Director, Seizure Clinic, Center Neurology, Member CFDS

Persons with Down syndrome have a higher incidence of developing seizures than the general population. Special consideration must be taken to provide the best quality of life without adverse medication side effects, while aggressively decreasing seizure burden. In this session, treatment challenges will highlight use of newer anti-seizure medications which have fewer side effects, as well as treatment beyond medications, including neurostimulation and epilepsy surgery. There will also be ample time for questions and discussions.

Breakouts 4–6: 1:30 pm – 2:30 pm

4. CONNECT WITH SUCCESS – AN ASSISTIVE TECHNOLOGY FREEWARE REVIEW

Jim Luther, Director of Technology, CFDS

Assistive technology can help people achieve their goals, expanding their options and their world. When seeking assistive technology aids the best strategies provide users with the proper supports they need for success. In this pursuit, cost should ideally be the least consideration. Sometimes, however, freeware programs and free online services offer viable alternatives to commercially available products. In some cases, the freeware products may work as well as those you can buy. Today's presentation will highlight some of the best freeware tools that address a range of issues to help with enabling computer access, supporting struggling readers, assisting struggling writers, enhancing visibility, improving communications, and having fun.

5. UNDERSTANDING AND SUPPORTING INTERPERSONAL BOUNDARY DEVELOPMENT

Tracey Nieckarz, LCSW-R, Residential Social Worker, CFDS

Erin Pettograsso, LMSW, Residential Social Worker, CFDS

Establishing and maintaining effective interpersonal boundaries is a key life skill that enables us to interact with others in safe, respectful and meaningful ways. This workshop will provide participants with an understanding of interpersonal boundaries including boundary concepts, purpose and their impact on a person's life. Participants will also learn skills to support family members in developing and maintaining effective interpersonal boundaries.

6. ALZHEIMERS AND DOWN SYNDROME

Sharon J. Krinsky-McHale, Ph.D, Research Scientist, Head, Laboratory of Cognition and Development, Department of Psychology New York State Institute for Basic Research in Developmental Disabilities

Adults with Down syndrome are living into their 50s, 60s and some even into their 70s. Dr. McHale's talk today will focus on changes in functioning that are associated with "typical" aging, Alzheimer's disease and on "mild cognitive impairment", defined as a stage where individuals do not have dementia but are showing something more than "typical" aging. She will share current thinking on the connection between Alzheimer's and people with Down syndrome including risk factors and impact.

Breakouts 7–9: 3:00 pm – 4:00 pm

7. THE VOCABULARY BUILDER: AN AAC LANGUAGE BUILDING TOOL FOR KIDS

David Kay, M.Ed., OTR, Augmentative Communication Specialist, Prentke Romich Company

When a child has complex communication needs, it is an understandable challenge to consider where to begin when looking at augmentative communication interventions. With the current state of technology and assistive technology available, it is important now more than ever to revisit fundamental, language based interventions, and to look for solutions with a proven path toward communication success.

This program will focus on these fundamental intervention strategies, and introduce a tool called the 'Vocabulary Builder' and a clinician resource called the 'AAC Language Lab', which are designed to assist the speech language pathologist, teacher or parent to ensure that a child's augmentative communication goals are set with a solid foundation for these children. Through demonstration, video example, and discussion, the program will highlight the essential components required to move a child toward spontaneous, novel utterances with the AAC device as both therapy tool and functional voice.

8. PROMOTING SOCIAL OPPORTUNITIES AND NETWORKS

Sara Plummer, LMSW, Residential Social Worker, CFDS

Ricky Caliendo, M.Ed., Residential Behavior Specialist, CFDS

Elizabeth Brown, Psy.D, Residential Director of Psychology, CFDS

Often times young adults, especially those with developmental disabilities, find it difficult to meet others for socialization and companionship. This panel discussion will provide an overview of ways the Center for Disability Services is helping to fill this gap – through instructional groups, community activities, and a new social networking website. Our new social networking site (www.bffn.net) will be unveiled – participants will be able to preview the site, learn how to become a member, and hear from current members.

9. DIET, GOOD HEALTH AND BRAIN DEVELOPMENT

Sharon Alger-Mayer MD, Associate Professor of Medicine, Albany Medical College

This workshop will give people concerned about the impact of diet on overall health and development, particularly brain development, an overview of an anti-inflammatory diet including foods rich in phytochemicals and low glycemic foods. Recent studies on inflammation of the bowel and the relationship to inflammation in other areas of the body including the brain, will be reviewed. The presenter will outline foods that have an anti-inflammatory effect and improve memory, focus and concentration such as foods rich in DHA (walnuts) and phytochemicals that stimulate neuronal growth and repair (blueberries).

Self-Advocates Conference

This concurrent conference for self-advocates is designed for individuals with disabilities, age 15 and older. Participants must register for this program. The workshops have been developed with other self-advocates and have been designed to be educational and fun. In addition to the presenters, we have volunteers to help out. Typical level of support is one volunteer per four participants, and unless you tell us otherwise, we will expect attendees to be able to express their needs. Make sure to let us know if a participant needs a higher level of support, as well as any other information that will be helpful to support attendees. This information helps us to make sure we have enough volunteers to make this a fun day for each participant.

Self-Advocates Workshops and Presenters

1. Getting Connected Online: Learn, Connect with Friends, Enjoy Music, Video and more, and Stay Safe

Presented by: Shameka Andrews and Steve Holmes

In this session, we'll talk about how to use social media, like Facebook to connect with friends, and how to use the Internet to pursue things you would like to learn for school or your personal interests like music or hobbies. We'll also talk about how you can be safe online and protect your privacy. What are your favorite web sites? We'll look at them together.

2. Dance, Dance, Dance

Hosted by: Douglas Rogers and Patrick Morgan

Yes, we'll all be dancing! An interactive session that will have everyone moving. It will provide opportunities for social interactions and to meet new people in a very fun and exciting way.

3. Self-Advocacy Speak Out

Lead by Michael Cardella and Liz Cappabianca

One of the most important parts of self-advocacy is learning to speak up for your self and for others. Through small groups and an open mic speak-out, you will have a chance to speak up about what's on your mind.

4. Yoga and Dance

Instructors: Cathy Holmes, RYT 200 and Brie Nobis

Yoga helps us get and stay healthy by developing strength, balance, and good energy. Yoga is a life dance where your breath and your movement come together to help you get through your day. Come and learn some basic yoga poses and move to some fun music!

Self-Advocates Conference Schedule

Registration & Continental Breakfast	7:30 am - 8:45 am
Welcome	8:45 am – 9:00 am
Keynote Speakers <i>Michael Cardella and Barbara Cardella</i>	9:00 am – 9:45 am
Featured Speaker OR Getting Connected Online <i>Vicki Windman Shameka Andrews and Steve Holmes</i>	9:45 am – 11:00 am
Break	11:00 am – 11:30 am
Dance, Dance, Dance	11:30 am – 12:30 pm
Lunch	12:30 pm – 1:30 pm
Self-Advocacy Speak Out	1:30 pm – 2:30 pm
Break/DSAHC Annual Meeting	2:30 pm – 3:00 pm
Yoga and Dance	3:00 pm – 4:00 pm

Family Dance

Join Us for Dessert and Dancing to the Great Sounds of DJ Jim Burton!

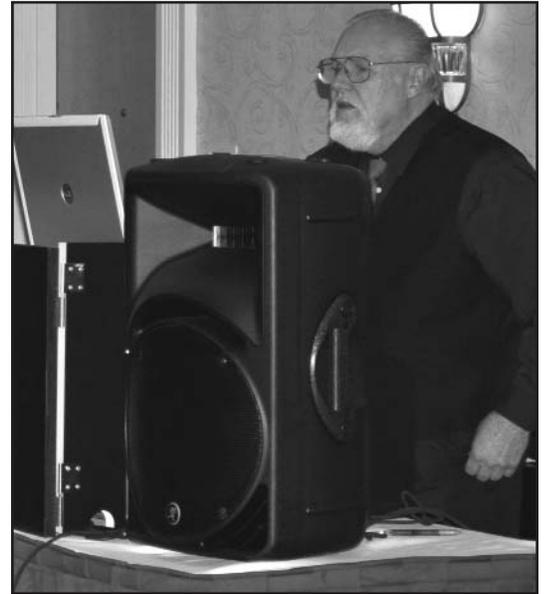
Friday, April 27th, 6:00 pm - 9:00 pm
Holiday Inn Albany, 205 Wolf Road

DSAHRC Members - FREE *Non-Members - \$5
Everyone must register for this event.

The entire family is invited the night before the Conference for desserts and dancing!

Jim Burton is a DJ with Sonny Daye Entertainment. Jim has delighted the individuals served by the Center for Disability Services, staff and families for over 20 years at their Annual Holiday parties with his variety of music selections and wonderful interactions with all the attendees. It's sure to be a great time for all – don't miss it!

**Join DSAHRC now and receive FREE admittance to the Family Dance and discounted registration fee for the conference along with all the other services DSAHRC provides.
Dues are only \$25 per year per family.*



DJ Jim Burton

Hope to see you on the dance floor!

Raffle Drawing

Friday, April 27th, 8:00 pm, at the Family Dance!

Take a break from the dancing to join in on the excitement of watching the drawing of the winning raffle tickets! The drawing will take place at 8:00 pm.

Grand Prize:	\$10,000
2nd Prize:	\$2,500
3rd Prize:	\$1,500

If you would like to purchase a ticket, please contact the DSAHRC at (518) 438-1113 or info@dsahrc.org Raffle tickets cost \$100. (You can split the ticket cost among friends!)
Get 'em while they last....only 400 tickets are available for sale!!

Conference Registration Form

Family Member/Caregiver Self-Advocate
 Professional

Name _____

Organization _____

Address _____

Email _____ Phone _____

(Circle One) I (do / do not) want to be included on the participant list that will be distributed to conference attendees.

Additional names of attendees:

Name _____ Family Member/Caregiver Self-Advocate Professional

Name _____ Family Member/Caregiver Self-Advocate Professional

Name _____ Family Member/Caregiver Self-Advocate Professional

Please indicate number of people attending each session:

11:30 - 12:30	1:30 - 2:30	3:00 - 4:00	
1. iPad _____	4. Connect with Success _____	7. Vocab. Builder _____	Self-Advocates Program Age _____
2. Sexual Consent _____	5. Understanding Boundaries _____	8. Promo. Social Opportunities _____	
3. Seizures _____	6. Alzheimers & DS _____	9. Diet, Good Health _____	

REGISTRATION IS DUE IN FULL BY APRIL 6, 2012 TO AVOID LATE FEES

Registration Fees by 4/6/12	Number of People	Amount
Individual - DSAHRC Member	\$60	
Couple/Parents (Same Household) - DSAHRC Member	\$95	
Individual - Non DSAHRC Member	\$80*	
Couple/Parents (same household) - Non DSAHRC Members	\$115*	
Self-Advocate	\$40	
Education Team of 3 or more: per person	\$75	
Scholarship Requested (Family member or Self-Advocate)	\$25	
DSAHRC Membership - Individual/Family	\$25	
- Self-Advocate	\$10	
- Professional	\$75	
Late Fee (received after 4/6/12)	\$15	
Total Enclosed		

* Join DSAHRC now and receive FREE admittance to the Family Dance and discounted registration fee for the conference along with all the other services DSAHRC provides. Dues are only \$25 per year per family.

- ♦ Registration fee includes lunch and two refreshment breaks and all conference materials.
- ♦ Special Accommodations: _____
- ♦ Dietary Accommodations: _____

Cut on line

Getting to the Conference



Holiday Inn

Albany on Wolf Road

Directions

From The North: Take the Adirondack Northway (Interstate 87) SOUTH to Exit 4 (Route 155 West / Albany International Airport). At the end of the off-ramp, turn LEFT on Route 155. Continue for approximately 1/4 mile to the next traffic light, and turn LEFT on Albany-Shaker Road. At the next light, turn RIGHT on Wolf Road. We are about 3/10 of a mile down Wolf Road on the left side.

From The South: Take the New York State Thruway (Interstate 87) NORTH to Exit 24. Continue on I-87 NORTH (Exit 1N out of the toll booths) to Exit 4 (Wolf Road). Turn RIGHT off of the exit. We are about 2/10 of a mile down Wolf Road on the left.

From The East: Take Interstate 90 to New York, and continue on I-90 by taking Exit B-1 from the Berkshire Spur of the NYS Thruway. Follow I-90 to Exit 1N (Interstate 87). Continue on I-87 to Exit 4 (Wolf Road). Turn RIGHT off of the exit and follow Wolf Road approximately 2/10 of a mile. We are on the left side.

From The West: Take the New York State Thruway (Interstate 90) to Exit 24. Continue on I-87 NORTH (Exit 1N out of the toll booths) to Exit 4 (Wolf Road). Turn RIGHT off of the exit. We are about 2/10 of a mile down Wolf Road on the left.

Need Accommodations?

A block of rooms has been reserved for *Beyond Our Wildest Dreams* conference attendees who wish to stay overnight on Friday, April 27th at the Holiday Inn Albany on Wolf Road. The conference rate is \$109 per night for single or double occupancy. Room rates are subject to NYS and Local Taxes.

Contact the Holiday Inn Albany on Wolf Road at 1-800-HOLIDAY, 24 hours a day, to reserve a room.

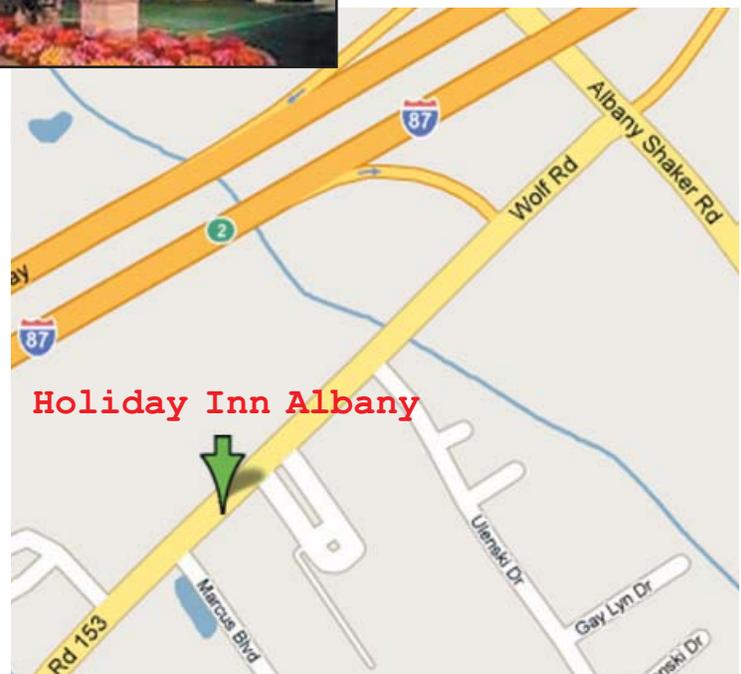
Be sure to mention the conference to receive this preferred rate.

All reservations will require a credit card or deposit equal to one night's room and tax to guarantee the room. Rooms may be cancelled by 6:00 pm on the date of arrival with no penalty. Check-in time is 4:00 pm and Check-out is 12 noon. **Rooms must be booked prior to 3:00 pm on April 6, 2012 to receive the discounted rate.**

Complimentary van transportation to and from the Albany International Airport for overnight guests is available.



The Holiday Inn is on Wolf Road across from the DSAHRC Office!



Two great events at one great venue!



Down Syndrome
Aim High Resource Center

1 Marcus Boulevard, Suite 105
Albany, NY 12205

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Current Resident or



Center for
Disability Services

Where people get better at life

**Conference
Registration
Information!**

**Be sure to share
with your child's
teachers and
therapists!!**

