

TOGETHER WE CAN CONFERENCE 2023

A STATEWIDE CONFERENCE FOR PEOPLE WITH DISABILITIES, THEIR FAMILIES, AND THE PROFESSIONALS WHO SUPPORT THEM.

Keynote Speaker: Daniel Van Sant

Daniel is a disability rights attorney who has practiced most extensively in the areas of inclusive education, gender-based violence, and inclusive international development. He draws on his personal and professional experience with disability in leading the disability policy work at The Harkin Institute for Public Policy & Citizen Engagement. Daniel's work at The Harkin Institute is focused on creating a world where every person with a disability has access to competitive, integrated employment.

CONFERENCE AGENDA

EXHIBITORS HALL IS LOCATED BEHIND THE MAIN LOBBY See the Exhibitor Raffle form in your conference packet and find out how you can enter to win from over \$1000 in prizes!		
8:00 am - 3:00 pm		
SENSORY ROOM LOCATED IN ROOM D		
8:00 - 9:00 am	Lobby	REGISTRATION/CHECK-IN & CHILDCARE DROP-OFF Sign in and pick up your conference packet and name badge. Those registered for childcare, please check your child(ren) in by 8:45 am.
9:00 - 9:15 am	Upper Level West	OPENING REMARKS & KEYNOTE INTRODUCTION
9:15 - 10:15 am	Upper Level West	MORNING KEYNOTE A View from the ADA Generation: Perspectives on Disability History, Culture and Advocacy 32 Years After the ADA <i>Daniel Van Sant, Attorney, Advocate, Policy Expert</i> Daniel's personal and professional advocacy journey started in rural Iowa and has taken him around the world. He will share some of his journey as well as pieces of disability history and culture that will motivate the audience learn more about the disability rights movement, the Americans with Disabilities Act (ADA), find power in their own story, and learn to become better advocates and allies.

NOTES

10:15 - 10:45 am

CONFERENCE BREAK

10:45 - 11:45 am

10:45 AM BREAKOUT SESSIONS

ROOM A

Education & Disability Law

A Conversation in Promoting the Independence of Children who are Turning 18

Len Sandler, Attorney & Clinical Professor of Law

Participants will come away from this session understanding the options and alternatives to guardianships and conservatorships. You will learn how and when to use powers of attorney and other advance directives. You will also explore the formal and informal ways to manage money and property such as: transfers to minor accounts, custodial trusts, conservatorships, ATM access and limited accounts.

ROOM B

Postsecondary Transition

Self-Employment or Corporate Employment: Which is Best for You?

Zachary Bogaczyk, Self-Advocate

Mary Jankowski, MA, LMHC, LMSW, Business Owner & Parent

Kay Marcel, Parent Advocate

Joel Marcel, Self-Advocate

Curt Sills, Assistant Vice President of Convenience Stores at HyVee Inc.

Bill Stumpf, LPN & Parent Advocate

Kyle Stumpf, Self-Advocate

Finding a job is a challenge for many people with disabilities. Some families choose to go into business together. Others seek out employers who believe in inclusive work practices. At this session you will learn about both options from people who have lived it, understand how to get started networking, and connect with other Iowa families going through the same thing.

This breakout session is sponsored in part by Coffee Cats of West Des Moines & Hy-Vee Fast and Fresh.

ROOM C

Health & Well-Being

At-Home Strategies to Help Any Picky Eater

Kristin Hanson, M.A., BCBA, LBA

Picky eating can occur as part of many different disabilities, or even have nothing to do with a diagnosis at all. How do you know the difference, and what do you do about it? This session will teach you the unique reasons picky eating can occur, show you some things to do at home to help, and help you understand the steps to take when professional support is needed.

This breakout session is sponsored in part by Axis ABA.

NOTES

LUNCH BREAK

Pick up your boxed lunch in the middle of the Exhibitor Fair.

11:45 am - 12:45 pm

Optional, 30 Minute ASK Each Other Networking Sessions

Room A: Employment

Room B: Goal Setting & High Expectations

Room C: Leisure & Co-Op Opportunities.

12:45 - 1:45 pm

12:45 PM BREAKOUT SESSIONS

ROOM A

Education & Disability Law

Just How Does the State Complaint Process Work?

Edie Bogaczyk, Parent & Attorney

A State Complaint is extremely important tool – it is a guaranteed legal right to Parents and Guardians of students with an IEP. It is a procedural protection, a procedural safeguard under the Individual with Disabilities Education ACT (IDEA). This session will explain when a State Complaint should be used, what it should include, what timelines are part of a State Complaint process, and examples of potential violations.

ROOM B

Postsecondary Transition

Discover the Possibilities with Host Homes:

4 Perspectives on Creating a Successful Host Home Experience for Everyone

Joan Baumert, Parent Advocate

Kyle Wennerstrom, Home Host

Ryan Mueller, Self-Advocate

Michelle Fron, Habilitative Manager at Mosaic in Central Iowa

Host Homes are one way that people who need living support can thrive at home in their communities. Hear from a parent/guardian, person served, host home provider and a member of the Mosaic at Home team as they share about their host home journey. This panel of experts will tell you how they designed a successful host home experience together. While sharing their home, the provider integrates the person served into the life of the household and the greater community. You will learn from the different perspectives of each person involved, understand how host homes work, and be provided with the knowledge you need to further explore host homes for yourself and your family.

This session is sponsored in part by Mosaic in Central Iowa.

ROOM C

Health & Well-Being

Understanding Medical Trauma and the Importance of (Often Neglected) Emotional Healing

Gayle Murray, Private Practice Psychotherapist; Compass Clinical Associates

When children (and adults) have surgeries and other intrusive medical procedures, there can sometimes be emotional trauma related to those experiences. This is often difficult to identify and manage, especially if the individual was sedated and has limited or no clear “memories” of the causal event. Understanding how trauma is stored in our bodies gives us power to “listen” to the wisdom the symptoms are communicating and in turn to promote healing. When we are aware, we can then choose to move differently, increasing our resiliency and functioning.

NOTES

CONFERENCE BREAK		
1:45 - 2:00 pm		
2:00 - 3:00 pm	Upper Level West	<p style="text-align: center;">FINAL SESSION</p> <p>Modernizing Medicaid <i>Elizabeth Matney, Director of Medicaid, Iowa Department of Health and Human Services</i></p> <p>This session will provide an update on the strategic plans for modernizing the Medicaid system in Iowa. The goal is to create a system that provides equity, opportunity, and access for all people regardless of diagnosis. These plans will also support Iowans and their families in clearly understanding how to access needed services. If you don't use Medicaid, plan to attend this session anyway. Almost all of us will use Medicaid at some point in our life journey, and this session will offer a great opportunity to learn about family and professional partnership in policy and advocacy.</p>
3:00 - 3:30 pm	Upper Level West	<p>FINAL THOUGHTS & CONFERENCE WRAP-UP</p> <p>Wrap up the day of learning with our keynote, Daniel Van Sant, as he shares takeaways of his day of learning. Daniel will describe what has motivated him, and call the audience to action for the year to come.</p> <p>EXHIBIT FAIR PRIZE DRAWING—MUST BE PRESENT TO WIN!!!!</p> <p>Over \$1000 in prizes will be drawn. Make sure to visit the Exhibitor booths, turn in your exhibit fair form, and BE PRESENT to win big!</p>
3:30 - 4:00 pm	Childcare	<p style="text-align: center;">CHILDCARE PICK-UP</p> <p>Children must be picked up no later than 4:00 pm.</p>

All available presentation materials (PowerPoints, handouts, etc.) will be posted to <https://www.askresource.org/togetherwecan> after the conference.

EDUCATION & TRAINING CREDIT

SEE THE CONFERENCE WEBPAGE OR PACKET INSERT FOR INFORMATION REGARDING CEUs AND TRAINING CREDITS.

Participants must be present for the full conference day AND have paid in full to receive credit.

NOTES

ACKNOWLEDGEMENTS

Thank you to the partner organizations, sponsors, volunteers, exhibitors and attendees for being a part of the 11th Annual Together We Can Conference! This one-of-a-kind, statewide event would not be possible without your continued support.

CONFERENCE PLANNING COMMITTEE

Listed alphabetically by member type and last name

Parents

Cynthia Blackard, Parent

Edie Bogaczyk, Parent

Shannon Malcom, Parent

Diane Thacker, Parent

Self-Advocates

Ed Esbeck, Self-Advocate & Partner Organization Representative

Rebekka Huck, Self-Advocate

Elizabeth Rouse, Self-Advocate

Robert Thacker, Self-Advocate

Planning Committee on Staff

Karen Thompson, Executive Director

Deb Chiodo, Co-Director

Sarah Stiemsma, Family Support Specialist

Erin Farquhar, Family Support Specialist

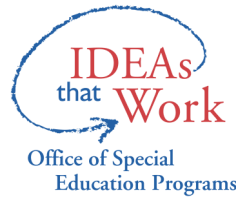


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PRESENTER BIOGRAPHIES

Listed alphabetically by last name

Joan Baumert is a parent, grandparent, and guardian in addition to being a strong advocate for personalized services. She and her family became part of the Mosaic family many years ago when her son Ryan began receiving services from Mosaic. Joan has shared her and Ryan's story at events where she encouraged others to learn more about the opportunities within host homes and to "Just Do It." Joan feels the Mosaic Host Home program gives people with disabilities the opportunity to have the life they want, with guidance when needed. It provides them the ability to go and do, find belonging and connections within their communities, and allows them to be themselves.

Edie Bogaczyk has worked as an attorney for 20+ years and has been an advocate her entire adult life. After working in a variety of non-traditional legal roles, Edie returned to the practice of law working full time in an area of disability rights that would fulfill the need for legal support for families in special education law. Edie and her husband David have an adult son and daughter. Their son was born with Prader-Willi Syndrome and was a student with an IEP for 15 years. He graduated in May 2022.

Zachary Bogaczyk graduated in May 2022 earning his high school diploma after completing the Senior Plus program at Waukee High School. He always had a strong desire and motivation to work after completing high school and enjoyed a wide array of internships while honing his employment skills. Even though Zachary lives with Prader-Willi Syndrome, his unique challenges have not deterred him from pursuing his "dream" job in the community and he looks forward to sharing how important networking and self-advocacy is to forging his way into the employment sector.

Michelle Fron has worked with both children and adults with intellectual disabilities in various settings for 22 years. She began her career with Mosaic in September 2006 at a small agency in Fremont, NE. She transferred to the Des Moines agency in 2007. Michelle currently leads the Mosaic at Home Department at Mosaic of Central Iowa. She loves the individualized support that the people being served receive in a host home setting. She has witnessed people flourish and live their best lives. What's more, Michelle enjoys seeing an individual who may not have had a family or strong natural supports of their own, become part of a family after transitioning into a host home. When Michelle isn't working, you will find her at any Buccaneers Hockey or ICubs game with her kids, or out on a bike trail. Michelle lives in Urbandale with her 3 children and their cockapoo, Topher.

Kristin Hanson is the CEO, Founder, and Clinical Director of Axis. She is a Board Certified Behavior Analyst credentialed through the Behavior Analyst Certification Board and a Licensed Behavior Analyst under the Iowa Board of Behavioral Science. She received her Bachelor's degree in Psychology from Grand View University, and her Master's degree in Child and Adolescent Psychology with a specialization in Applied Behavior Analysis from The Chicago School of Professional Psychology.

Mary Jankowski has been a licensed mental health counselor for 37 years, and in July of 2020 she opened Iowa's first cat café. Mary has a daughter who has disabilities and one of the goals of the business was to employ individuals with disabilities who might not otherwise have a chance to be a part of the work force. Coffee Cats currently has 4 employees/volunteers who have physical or other disabilities. Mary has lived in West Des Moines for 32 years and was a member of the ASK board of directors for 9 years. She lives with her husband, Dean Brooks. Her daughter, Emily Schwarz, lives a few blocks away in a group home managed by Mainstream Living.

PRESENTER BIOGRAPHIES CONTINUED

Listed alphabetically by last name

Joel Marcel was born in south Louisiana, and he lived there until he moved to Urbandale with his family in 2014. Joel has been employed throughout his adult life and obtained his dream job in 2021 when he was hired to work at Coffee Cats in West Des Moines Valley Junction. Joel enjoys listening to country music, watching movies, and being with his family and friends. He enjoys participating in the Best Buddies Citizen Program at Sammons Financial, attending exercise classes at Can Play, and attending weekly cooking classes at GiGi's Playhouse. He loves animals and especially his cat, Smokey, and the cats at Coffee Cats.

Kay Marcel has two sons. Her younger son, Joel, is the impetus for her advocacy for disability service systems to deliver individualized, person-centered supports that provide opportunities for people like her son to exercise self-determination, be independent, productive, and integrated and included in all aspects of community life. She has served on the Iowa Olmstead Consumer Task Force and is currently a member of the Iowa Department of Health and Human Services Community- Based Services Redesign Steering Committee. Kay moved to Urbandale with her husband and Joel in 2014 to be closer to their older son/brother and his family. Kay enjoys biking, reading and spending time with her family.

Elizabeth Matney serves as the Director of Iowa Medicaid. Elizabeth oversees Iowa's \$6 billion Medicaid program, which serves more than 700,000 Iowans each year. She most recently served as health policy advisor for Governor Kim Reynolds, where she worked closely with DHS and the Iowa Department of Public Health on a broad range of critical issues. She holds a master's degree in Rehabilitation Counseling from Drake University and a bachelor's degree in Psychology and Philosophy from Texas State University. Her previous experience includes serving as Medicaid managed care director, Medicaid quality assurance director and her early experience includes direct care as a Medicaid provider and work at a women's shelter.

Ryan Mueller hoped his friend Kyle would agree to provide him a host home when the opportunity arose, and Kyle did! Ryan works at the Hy-Vee nearby his home and loves his job and co-workers! He has worked there for over 5 years as a dishwasher. Ryan is very social and loves to laugh with others. Some of his hobbies are playing in the miracle baseball league, going to camp, vacation/travel all over the country including 5+ trips to Florida/Disney world, baseball games, football games and more. He also enjoys his privacy while working on his art. Ryan has a passion for his art work and loves to share it with others including giving away his finished pictures to co-workers and family. Ryan's outlook on life is a positive one. His positive attitude shines daily and is infectious to everyone he meets.

Gayle Murray has been providing child and family therapy for 28 years in the Des Moines area community. She has extensive clinical expertise in the area of childhood trauma that results from childhood sexual abuse, maltreatment, disruption and attachment struggles in families. Treating Medical Trauma is an area where she has grown and developed by learning from her clients as they work through their healing process together. Understanding the impact of Medical Trauma has been a natural outgrowth of working with other kinds of trauma in children. Her goal is always to create a sacred healing space for the children and families she encounters, feeling honored to be trusted along their journeys.

PRESENTER BIOGRAPHIES CONTINUED

Listed alphabetically by last name

Len Sandler joined the University of Iowa College of Law faculty in 1990 to direct one of the first HIV/AIDS law school clinics in the U.S.. He later founded and supervises the award-winning Law and Policy in Action Clinic to give law students experience solving recurring, systemic problems that cannot be addressed through litigation. Over the past few years, the clinic teamed up with Disability Rights Iowa and private lawyers to overhaul the Iowa Department of Education rules about the use of seclusion and physical restraints in K-12 schools. They provide no-cost consultant services to nonprofits, community groups, governments, and businesses on disability, civil rights, housing healthcare, elder abuse, LGBTQ, and other issues. Len and his clinic students also represent and provide transactional services for families and present workshops on estate planning, guardianship, and other legal issues.

Curt Sills grew up Corning Iowa and graduated high school in 1990. He attended Southwestern Community College and holds a Bachelor degree in marketing from Iowa State University. Curt has worked for HyVee for 34 years holding practically every position at the store. In 2013, he moved into management of HyVee's emerging fuel station market beginning with a store in Waukee. Ten years down the road, Curt has held various positions at the corporate office, and declares he has truly found his home in the leadership of convenience stores. Curt lives in Johnston and has one daughter who is a Freshman at Iowa State University. She is his pride and joy.

Bill Stumpf lives in Dubuque Iowa with his son Kyle. He is a graduate of Northeast Iowa Community College. Bill retired in 2021 after 15 years as a licensed practical nurse at an intermediate care facility for people with intellectual disabilities in Dubuque. Prior to pursuing nursing, Bill was employed in a paper manufacturing facility for 30 years. He became active in disability advocacy shortly after his son Kyle, who has Down syndrome was born in 1990. Bill has been active with numerous local, state, and national organizations over the years. He currently serves as board secretary for Disability Rights Iowa, and participates in the Association for People Supporting Employment First (APSE), the Iowa Guardianship Conservatorship Association, and the Iowa Coalition for Integration and Employment (ICIE). Bill is also a member of the Dubuque County Disabilities Council. In 2019, Bill was the recipient of the Iowa Association of People Supporting Employment First (APSE) Advocacy Award and in 2020, he was the recipient of National APSE's Public Policy Award for his grassroots efforts supporting the employment first movement.

Kyle Stumpf is 33 years old and lives in Dubuque Iowa. He graduated from Dubuque Hempstead High School in 2009. After graduation he was employed in a sheltered work environment in a segregated setting at sub minimum wage. He worked in that setting for approximately four years. In 2014, he was hired at Papa John's Pizza in Dubuque. He has been employed there for eight years. He loves his job! He is making above minimum wage and has been saving money in his ABLE account for future independence and financial security. Kyle is a member of the Dubuque County Disabilities Council. He also has been a member of the Association of People Supporting Employment First (APSE). When he's not working, Kyle attends a Day Habilitation Program in Dubuque which allows him to volunteer at local organizations including the Public Library. Kyle enjoys live music, dancing, and swimming and loves to travel. In 2008, Kyle received the Hills and Dales Community Services Honor Award. He became active in Dubuque's Miracle League in 2021 and in 2022 was selected to represent the local league at the Miracle League National All-Star Series in Murfreesboro, Tennessee. In October 2019, Kyle participated in a legislative briefing in Washington D.C. to tell his story and advocate to end the practice of paying sub minimum wage for people with disabilities.

PRESENTER BIOGRAPHIES CONTINUED

Listed alphabetically by last name

Daniel Van Sant is a disability rights attorney who has practiced most extensively in the areas of inclusive education, gender-based violence, and inclusive international development. He draws on his personal and professional experience with disability in leading the disability policy work at The Harkin Institute for Public Policy & Citizen Engagement. Daniel's work at The Harkin Institute is focused on creating a world where every person with a disability has access to competitive, integrated employment.

Kyle Wennerstrom has been a Mosaic host home provider since the fall of 2016. He lives in a townhome in Ankeny, Iowa. He has known his roommate, Ryan, since 2008 when Kyle worked as a staff member in Ryan's group home. Kyle has embraced Ryan as a member of Kyle's family. Ryan joins Kyle and his brothers as they travel to Viking football games and other athletic events, visiting Kyle's parents' home and attends family holiday gatherings. His host home also includes Bailey, a 7-year-old basset hound, and Savannah, Kyle's daughter who is there every-other weekend.