



Living' the Good Life!



2019 Down Syndrome Regional Conference

Friday, April 26 and
Saturday, April 27, 2019

Holiday Inn Express

1103 N. Splitrock Blvd.
Brandon, SD 57005

SCHEDULE OF EVENTS FRIDAY EVENING, APRIL 26, 2019

6:00-6:30 PM	Registration
6:30 PM	Welcome
6:45 PM	<u>It Could Happen</u> by Sean McElwee, Entrepreneur and Self-Advocate
7:15 PM	Meet & Greet with Sean McElwee

SATURDAY, APRIL 27, 2019

9:00-9:15	Welcome
9:15-11:15	<u>Living' the Good Life</u> by Nikki Heiman
11:15-1:00	Lunch (provided on site) & Educator of the Year Award
1:00-2:15	Breakout Session 1 (pick 1 to attend) A. <u>Strategic Problem Solving for High Quality Inclusion</u> by Nikki Heiman B. Self-Advocate Community Service Project with Best Buddies C. <u>A Multi-Sensory Approach to Speech Production</u> by Vanessa Anderson-Smith
2:15-2:30	Break
2:30-3:45	Breakout Session 2 (pick 1 to attend) D. <u>Strategic Problem Solving for High Quality Inclusion</u> by Nikki Heiman E. <u>Why is Eating Different Foods, Wearing Clothes, & Brushing Teeth so Difficult with my Child? Sensory Processing Challenges & the Child with Down Syndrome</u> by Robin Mills F. <u>ABLE Accounts</u> by Rhonda Erickson
3:45-4:00	Conclusion, Evaluations, Door Prizes

Early Bird Registration ends March 15, 2019

SUMMARY OF PRESENTATIONS

It Could Happen by Sean McElwee, Entrepreneur & Self-Advocate

Sean tells of his accomplishments and the struggles he has encountered to achieve his dreams. Sean shares his dreams of being on television, being hired for a job he truly enjoys, starting his own company, living independently and traveling the world to spread the message, "Having Down syndrome isn't that bad." He encourages his audience members to never give up on their dreams because, "It Could Happen."

Livin' the Good Life by Nikki Heiman

What is a good life? Have you ever set out to intentionally plan a good life? What does that involve? How can we build that for our loved ones? Nikki will dig deep into what really matters as an advocate and how to lead others to see a beautiful vision of the future for your loved one with Down Syndrome through grace and gratitude. Trenton, her son, who is a self-advocate, will share his vision of a good life and how he effectively communicates that to those who help him achieve his goals.

A. Strategic Problem Solving for High Quality Inclusion by Nikki Heiman

Inclusion is more than minutes in a day spent with typically developing peers. High quality inclusion requires strategic problem solving with the team. In this session, Nikki will show you how to use a simple problem solving tool to solve complex problems for each of your students. We will work through how to find the best level and intensity of instructional support, the best delivery method of instruction and, best of all, how using this free framework can help you to give your child the power and voice to build their own "best life" trajectory.

B. Self-Advocate Community Service Project with Best Buddies.

Calling all Self-Advocates to join the Best Buddies on a community service project. During this session Self-Advocates will work alongside members from Best Buddies to create tie blankets that will be delivered to new families through the New Directions Medical Outreach team.

C. A Multi-sensory Approach to Speech Production by Vanessa Anderson-Smith, Anderson-Smith Speech Therapy

For many children with Down syndrome, traditional speech therapy approaches such as 'look at me, listen to me, now say it like me' are simply not effective. We must bring in a sensory-motor approach in addition to teach children how to move their muscles for speech. This presentation will discuss the importance of a multi-sensory approach to speech and how feeding and myofunctional disorders impact speech clarity.

D. Strategic Problem Solving for High Quality Inclusion by Nikki Heiman

Inclusion is more than minutes in a day spent with typically developing peers. High quality inclusion requires strategic problem solving with the team. In this session, Nikki will show you how to use a simple problem solving tool to solve complex problems for each of your students. We will work through how to find the best level and intensity of instructional support, the best delivery method of instruction and, best of all, how using this free framework can help you to give your child the power and voice to build their own "best life" trajectory.

E. Why is Eating Different Foods, Wearing Clothes, and Brushing Teeth so Difficult with my Child? Sensory Processing Challenges and the Child with Down Syndrome by Robin Mills, Lifescape

Join us in discussing sensory processing disorder and the impact this challenge may have on behaviors, self-care, tolerating foods, and interacting in the community in children with Down syndrome. Overreacting to sensory stimuli, under-reacting to sensory stimuli, and sensory seeking in areas of vestibular, proprioception, auditory, interoception, visual, gustatory, and olfactory will be explained and suggestions will be provided to help with modulating the child at home and school.

F. ABLE Accounts By Rhonda Erickson, Benefits Specialist, Black Hills Special Services

For too long, people with disabilities could not save for the future out of fear of losing needed government benefits. This session will provide an overview of ABLE accounts: an exciting opportunity for people receiving SSI and Medicaid to save money without jeopardizing their benefits and services.

HOTEL INFORMATION

Holiday Inn Express (Location of conference)

1103 N Splitrock Blvd. • Brandon, SD 57005

www.brandon-express.com • 605.582.2901

A block of rooms has been reserved for

April 26 and 27, 2019

\$134.99/night plus tax (2 queen or 1 king option)

Reserve by March 22, 2019

Quality Inn

1105 North Splitrock Blvd. • Brandon, SD 57005

605.582.5778

A block of rooms has been reserved for

April 26 and 27, 2019

\$119.99 plus tax (2 queen or 1 king option)

Reserve by March 26, 2019.

SPONSORS

Thank you to our sponsors for supporting our conference!

Osmanson Distributing, LLC



QUESTIONS?

About conference...Kris Pappas

@ haleys1mom@yahoo.com

About registration...Jessica Osmanson

@ ajosmanson@gmail.com

THANK YOU FOR JOINING US!

We look forward to meeting you in April!

Conference Committee



REGISTRATION FORM

- Please fill out entry form completely.
- Make checks payable to New Directions.
- Mail this form and your payment to:
NDDSA, PO Box 90712, Sioux Falls, SD 57109

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Phone: _____

**You may also register online at:
newdirectionsdsa.com**

Registration Costs	Early Bird before March 15	Registrations March 16-April 12
Individual.....	\$50.....	\$60.....
(also includes Professionals not interested in CEUs)		
Students & Self-Advocates.....	\$20	\$30.....
Professionals Earning CEUs*	\$65.....	\$75.....
Group of Professionals (includes CEUs* for each attendee)		
• Group (5-10).....	\$250.....	\$300.....
• Group (11-15).....	\$400.....	\$450.....
• Group (16-20).....	\$600.....	\$650.....

*CEUs are for the state of South Dakota

Cancellation Policy: We are unable to process any refunds or cancellations occurring on or after April 5th. If you have a last minute cancellation, please contact us at info@newdirectionsdsa.com to provide a name for another participant to attend in your place if you are unable to join us.

Please fill out the following for each person attending:

Name: _____
 I am a/an: Parent Student Educator (Gen. Ed.)
 Educator (SPED) Therapist Administrator
 Social Worker Other: _____

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 Educator (SPED) Therapist Administrator
 Social Worker Other: _____

School District: _____

Grade of Person(s) with Down syndrome: Birth to Three
 Early Childhood Elementary K-5 Middle 6-8
 High 9-12 Post-High School

If anyone registering needs a gluten free lunch, please indicate that:

_____ of gluten free lunches

Total Number of Registrations: _____

Total Registration Cost: \$ _____
 (please calculate based on costs of each registrant)

Seanese Shirt Pre-Order:



Sean McElwee, Self-Advocate and Born This Way star, has designed a special shirt design for the New Directions 2019 Regional Down Syndrome Conference.

Sean will be presenting the keynote on Friday night, titled: It Could Happen.

Shirts available for Early-Bird registration only. Shirts are not guaranteed after **March 15th**.

T-Shirt Quantities:

	S	M	L	XL	2X	3X
Child Size				X	X	X
Adult Size				X	X	X
Extended	X	X	X	X	X	X

Total Child Size (quantity) _____ X \$12 = _____

Total Adult Size (quantity) _____ X \$15 = _____

Total Extended Size (quantity) _____ X \$18 = _____

Total T-Shirt Cost: \$ _____

Total Registration + T-Shirt Cost: \$ _____
 (this should be the total payment due for the conference)

See You In April!