



# 7<sup>th</sup> Annual Lifesharing Conference

*Tons to Love about Lifesharing, Recipes for Success*  
October 21 and October 22, 2019 • Mt. Pocono

Presented by the Pennsylvania Lifesharing Coalition  
with support from the Office of Developmental Programs

The Pennsylvania Lifesharing Coalition is pleased to announce the annual statewide Lifesharing Conference. This year's theme, *Tons to Love about Lifesharing, Recipes for Success*, was inspired by all the love and caring that is at the core of Lifesharing and the continued success of this lifestyle option for the people we support and the families that embrace them.

**WHO SHOULD ATTEND:** Individuals and Lifesharing Families, Prospective Lifesharing Families, Lifesharing Provider Agency Staff, Direct Service Providers, Supports Coordinators, Administrative Entity Staff and ODP Staff.

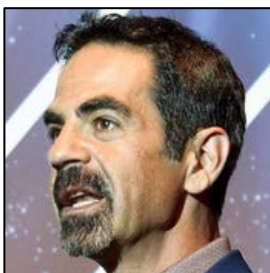
**WHERE & WHEN:** The conference will be held Monday, October 21 and Tuesday, October 22 at the Kalahari Resorts and Conventions located in Mt. Pocono, PA. A limited number of rooms are available at discounted rates starting at \$137/night plus taxes and fees. To reserve a room, call (877) 253-5466, provide the room block – PA Lifesharing Conference. You may also make your reservation online through a dedicated booking website - <https://book.passkey.com/e/49976041>. Discounted room rates are available only until September 21, 2019.

**REGISTRATION:** Online registration is now open and will remain available until Monday, September 30, 2019. **All attendees must pre-register online to attend the conference.**

- Visit <https://columbus.regfox.com/lifesharing-conference-2019> to register.
- All breakout sessions must be selected and payment made in full to complete registration.

**CONFERENCE FEE:** The registration fee for this two-day conference is \$150. The fee to attend only on Monday, 10/21 is \$75.00. For attendance on Tuesday, 10/22 only, the registration fee is \$75.00. Registration includes lunch and break snacks. Only credit card payment will be accepted.

**KEYNOTE SPEAKER: JOSHUA LOZOFF**



Joshua Lozoff has been studying and sharing magic around the world for twenty years. He regularly performs in theaters and at corporate and private functions throughout the United States and abroad. After 14 years as a professional actor, Joshua left Los Angeles to regain his sanity and devote more time to service work, including volunteer stints throughout Latin America. Joshua's motto is "Life is Magic". A few moments spent with Joshua can truly inspire, amaze and entertain.

## SCHEDULE AT A GLANCE:

### Monday, October 21, 2019

8:00 a.m. – 9:00 a.m.	Registration; Coffee and Light Refreshments
8:00 a.m. – 9:00 a.m.	Vendor Tables
9:00 a.m. – 9:15 a.m.	Opening Remarks and Welcome
9:15 a.m. – 10:45 a.m.	Keynote: Joshua Lozoff
10:45 a.m. – 11:00 a.m.	Break
11:00 a.m. – 12:15 p.m.	Concurrent Breakout Sessions
12:15 p.m. – 12:30 p.m.	Break
12:30 p.m. – 2:00 p.m.	Excellence in Lifesharing Awards Luncheon
2:00 p.m. – 2:15 p.m.	Break
2:15 p.m. – 3:30 p.m.	Concurrent Breakout Sessions
3:30 p.m. – 3:45 p.m.	Afternoon Break
3:45 p.m. – 4:15 p.m.	General Session: Autism - What is it?
4:15 p.m. – 4:45 p.m.	General Session: ODP Lifesharing Updates

### Tuesday, October 22, 2019

8:00 a.m. – 9:00 a.m.	Registration; Coffee and Light Refreshments
9:00 a.m. – 10:15 a.m.	Plenary: Regis Lazor
10:15 a.m. – 10:30 a.m.	Break
10:30 a.m. – 11:45 a.m.	Concurrent Breakout Sessions
11:45 a.m. – 12:00 p.m.	Break
12:00 p.m. – 1:00 p.m.	Lunch
1:00 p.m. – 1:15 p.m.	Break
1:15 p.m. – 2:30 p.m.	Concurrent Breakout Sessions
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 3:30 p.m.	General Session – Medication Administration
3:30 p.m. – 3:45 p.m.	Closing/Raffle

## SESSION DESCRIPTIONS:

### Monday, October 21, 2019

#### 9:00 a.m. – 10:45 a.m.

##### Opening Remarks and Welcome

Presented by Sunday Zarko, Chair, 2019 Lifesharing Conference Committee

##### Keynote Address: *The Magic of Communication*

Presented by Joshua Lozoff – Magician, Actor, Entertainer

The Magic of Communication is engaging, intriguing and fun! In this interactive presentation, acclaimed magician and actor Joshua Lozoff pulls back the curtain to reveal the true secrets of his magic: powerful communication skills and strong powers of observation; skills useful for us all, from the board room to the living room. Highlights include: Three Core Skills for Effective Communication and the Power of Perception.

#### 11:00 a.m. – 12:15 p.m. - Breakout Session #1 (Attendees select one session to attend)

##### A1) *Creating a Vision for a Good Life*

Presented by Francine Hogan, PA Family Network

This workshop will help attendees learn how to use the LifeCourse Framework and Tools to create a vision and strategy to achieve Everyday Lives.

## **A2) Re-conceptualizing Autism to Drive Effective Supports and Services**

Presented by Amy Alford and Lindy Mishler, Office of Developmental Programs

As systems evolve and we learn more about supporting people with autism, our understanding of best practices and approaches to support evolve, as well. We know that without a true understanding of this population, individuals could be misunderstood or receive inappropriate or ineffective supports and services. Through our experiences in administering two adult autism programs in Pennsylvania and engaging with other systems, this session will share how the characteristics of autism are impacted by the environment or life events that may result in desired or undesired outcomes. Specifically, we will share what we know about autism and how to best support someone with autism and their families through a more person-centered, individualized approach.

## **A3) Time Banking: A Grassroots Effort to Build Community and Create Meaningful Lives**

Presented by Allison Smale, KenCrest

This presentation will focus on how time banking can be harnessed as a strategy to positively impact the lives of everyone, including people with disabilities. Time banking is a social construct that helps build community, connect neighbors, support local commerce and improved quality of life. Time banking is a membership organization. Members post offers of skills they wish to share as well as request for assistance they need.

## **A4) A Great Melting Pot Recipe**

Presented by Jena Cavanagh and Telisha Feamster, Chester County MH/ID

A simple step by step recipe that integrates Lifesharing into everyone's lives with this Melting Pot recipe. Step 1: How to approach the topics of Lifesharing? Step 2: Who do we talk to about Lifesharing? Step 3: What are the goals to be successful in Lifesharing? Step 4: What are team members responsibilities? Step 5: How to be successful as a Lifesharing family. Mix and melt these steps continually. The recipe will be completed in the next 20-30 years.

## **A5) Introduction to Aromatherapy**

Presented by Melissa Temple, Keystone Human Services

Basic introduction of the art and science of Aromatherapy. You will be provided with a basic understanding of essential oils and how they can be used safely in a therapeutic manner. NOTE: There is a \$10 fee (cash only) to attend this session. Payment is required and will be collected at the start of the session.

## **A6) Activity Room – Painting**

Presented by Mary Rhodes, Candy Martino and Bethany Zarko

All Hands In!! Join us in making a picture of a tree using your “hands” to be auctioned off at the end of Day 2. Plus create your own painting of an elephant or make your own inspired artwork.

## **2:15 p.m. – 3:30 p.m. - Breakout Session #2 (Attendees select one session to attend)**

### **A7) Star Power: Identifying & Developing Supports to Achieve Your Lifesharing Vision**

Presented by Francine Hogan, PA Family Network

Charting the LifeCourse is a tool to assist you in creating a vision for the future. Attendees will learn how to use the Star tool to help them identify the supports they currently have and the ones they will need during their journey through Lifesharing. Each of the 5 points of the Star represent a different area of support. Session participants will leave this workshop able to apply the tool to their current situation and make adjustments as their life dictates.

**A8) *Imagine Lifesharing for Children with Medical Complexities --Understanding Services and Funding for Children***

Presented by Rachel Mann and Sallie Lynagh, Imagine Different Coalition

The Imagine Different Coalition has been working with provider agency representatives to promote Lifesharing for children with complex medical needs. Through the Coalition's workgroups, providers have raised excellent questions regarding what additional supports from other child-serving systems may be available to children supported through Lifesharing. Through this presentation and case examples, participants will learn about: services available to children with disabilities through Medicaid EPSDT and through the public education system; additional resources are available to support Lifesharing providers' efforts; and Imagine Different Coalition's efforts with ODP and others to enable children to live in Lifesharing families. Presentation will be followed by interactive discussion with participants about barriers, concerns, and ideas for addressing them.

**A9) *Facilitating Discussion & Graphic Facilitation: Tools for Increased Teaming, Creativity, and Participation***

Presented by Allison Smale, KenCrest

The human service field today is bursting with opportunities to collaborate with internal and external partners in unique and innovative ways. This session will focus on how to use both Facilitated Discussion and Graphic Facilitation in meetings and as planning tools.

**A10) *Supporting People with ID and Dementia***

Presented by Bill Augustine, Keystone Human Services

This presentation will address the challenges of supporting an individual with Dementia and IDD and offer strategies for supporting the individual to maintain self-sufficiency and their role in the community. Participants will Learn the Three Stage Model of Dementia: Understand dementia as a chronic illness; Learn to manage behavioral issues related to Dementia; Understand the unique challenges and strategies for communicating with an individual who has dementia; and learn how to provide supports based on the individuals stage of the Dementia process.

**A11) *The Forgotten Ingredient: Healthy Sexuality & Lifesharing***

Presented by Autumn Dae Miller, Ph.D.

This presentation will provide a brief overview of sexuality and what it entails, and then quickly jump into how to support an individual for providers, coordinators, and advocates. We will discuss how to keep individuals sexually safe, aware, and offer them the tools they need to build healthy relationships. We will also discuss how to support individuals who identify as LGBTQIA+. Please note that this session will cover topics that are deeply intimate and value-laden, the point is to break the silence around these concepts and explore options to offer the forgotten ingredient of sexuality to create a full life.

**A12) *Activity Room – Karaoke and Dancing***

Presented by Mary Rhodes, Candy Martino and Bethany Zarko

Sing and dance till your heart's content. Join the fun as we relax to music, watch everyone's excellent dance moves and enjoy their musical talents.

**3:45 p.m. – 4:15 p.m.**

**General Session: Autism - What is it?**

Presented by Trey Del Grosso

Trey is a 13-year-old boy who is living with high-functioning autism. In order to better relate to his peers in school, he created a computer presentation and speech about what it is like to live with autism and presented it to two of his sixth-grade classes. From there, he took his presentation to two local boy scout troops, a local 4H Club, Disability Awareness Night at Swiftwater Intermediate School, Disability Awareness Night at East Stroudsburg

University and Community Night at Northampton Community College. He also presented to approximately 50 employees at an in-service for the employees of the ARC of Lehigh Valley. He helped with the opening of the sensory room at the Lehigh Valley airport and did interviews for both WNEP Channel 16 and THE PEAK TV. Trey thrives on speaking to and helping people and sharing his story and information about autism makes him feel empowered. Trey's presentation includes an overview of challenges that individuals with autism might face as well as specific examples of how these challenges affect him personally. There are short video clips as well as hands-on simulations of motor-planning and fine-motor challenges that individuals with autism face.

**4:15 p.m. – 4:45 p.m.**

**General Session: ODP Lifesharing Updates**

Presented by Ron Melusky, Office of Developmental Programs

An overview of the Lifesharing numbers across the Commonwealth, along with discussing ODP's plans to support Lifesharing going forward.

**Tuesday, October 22, 2019**

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**9:00 a.m. – 10:15 a.m.**

**Plenary Session: Cooking up "New Claims to Fame"**

Presented by Regis Lazor, Professor Emeritus, California University of Pennsylvania

Success in Lifesharing requires that all team members possess and practice the knowledge, skills and disposition to enhance roles and achieve outcomes. Sometimes the "best" intended persons are overwhelmed and confused by distractions and poor advice. Great "dishes" are the product of the best ingredients, precise recipes, consistent and guided preparation and the enjoyed pleasures that follow.

**10:30 a.m. – 11:45 a.m. - Breakout Session #3 (Attendees select one session to attend)**

**B1) ODP 101 Waivers and Beyond: Pairing Services and Supports with your vision for an Everyday Life**

Presented by Amy Millar, ODP

The mission of the Office of Developmental Programs (ODP) is to assist individuals in living an everyday life, one of meaning and joy. This session details ODP's waiver programs and additional supports offered. The many ways ODP can assist individuals and their families achieve their vision of living an everyday life will be explored through the LifeCourse Framework. Objective: Deepen audiences understanding of the waivers along with other ODP services and supports. In addition, this session will focus on how to pair services with your vision for an everyday life.

**B2) Your Potential is Unknown**

Presented by Kim Emmet and Charles Lagarenne, Community Vocational Services

Charles Lagarenne has been living with his life-sharing family for over 6 years. A child of the foster care system, Charlie came into the Emmet household at the age of 19. His first outcome was to learn everyone's name in the home including the pets and use the proper pronoun for each person. This was difficult as he was often sluggish and tired due to the amount of medication he was taking. He came into life-sharing on 13 different medications. One was just for tremors due to the neurological damage that amount of medication may have been causing. He could not cut a tomato. A paper plate with food on it was too heavy to carry with a steady hand. He could barely run in a straight line. He took 5 study halls a day in High School because he slept too much to be able to focus on any academic content. Fast forward to 6 years later, he is on the lowest dosages of only two mild medications, he has just finished his first college course and works as a veggie prepper at a local ashram. He is a Special Olympics Athlete Representative and will be getting his black belt in karate in a couple of months.

### **B3) *Hearing Distressing Voices, An Experiential Workshop***

Presented by Kelly Shuler, Skills

At times it is challenging to engage and relate to someone who is actively hearing voices. We will occasionally feel that were not being paid attention to or being dismissed. This workshop is designed to give an individual the opportunity to engage in every day cognitive and interpersonal activities while experiencing a simulated voice hearing experience. The goal of the workshop is to increase interpersonal sensitivity and awareness to the daily struggle of those who hear voices. Registration is limited to 60 individuals.

### **B4) *Dysphagia and Intellectually Impaired Adults***

Presented by Kristine Goldyniak, KenCrest

There is an increased prevalence of dysphagia amongst individuals with intellectual disabilities (ID). As ID individuals age, some are at greater risk of a rapid decline in their cognitive abilities and as a result their ability to swallow deteriorates, putting them at great risk for aspiration and aspiration pneumonia. This presentation will discuss what dysphagia is, the factors contributing to dysphagia in this unique population, along with foods and liquids that are safe for those with dysphagia.

### **B5) *Health Risk Screening Tool (HRST)***

Presented by Heather Coleman, Advocacy Alliance (HCQU)

The Health Risk Screening Tool (HRST) is a web-based rating instrument developed to detect health destabilization in vulnerable populations. It screens for health risks associated with a developmental and physical disabilities which specifically affect systems of the body and the person's ability to engage in functional activities. This presentation will provide an overview of the Health Risk Screening Tool for the Healthy Pennsylvania Initiative.

### **B6) *Activity Room – Sand Art and Glitter Bottles***

Presented by Mary Rhodes, Candy Martino and Bethany Zarko

Explore your creative side. Make a bottle filled with sand or glitter and see how much you shine.

### **1:15 p.m. - 2:30 p.m. - Breakout Session #4 (Attendees select one session to attend)**

#### **B7) *Charting the LifeCourse and Employment: How High Expectations and Strong Visions Support Employment and Beyond***

Presented by Amy Millar, ODP

Employment is a centerpiece of adulthood and must be available for every person. Employment is feeling proud, having self-confidence, getting a paycheck, meeting new people, paying taxes, and building new skills. Learn how the LifeCourse Framework can help envision and plan for employment goals and more. By the end of the session, audience members will understand how the LifeCourse framework can help all people envision their employment dreams and goals. Additionally, audience members will have learned about the LifeCourse Portfolio, which includes a One-Page Profile, Trajectory, and Integrated Services and Supports Star, and how to use it to help students develop a strong vision to support their employment dreams and goals.

#### **B8) *Twisted Sisters: A Funny Thing Happened on the way to the White Picket Fence!***

Presented by Karen Steele, Dianna Brocius and Crystal Karenchek, Parents

Storytelling friends who have hilarious personal experiences about the journey their children took them growing up "with a diagnosis". These three friends will walk you through the highs and lows as their children grew into adults. These are friends who learned long ago that if you do not laugh at your situation you may not make it through the next situation! Come, sit, have a cup of coffee, close your eyes and listen, laugh as they take you down the rabbit hole.

**B9) *Demystifying and Understanding MH in People with Intellectual Disabilities***

Presented by Emily Raymond, Skills

This presentation will provide individuals with information on recognizing mental health symptoms in those with intellectual disabilities. Additionally, we will highlight how those may present differently through physical and behavioral health cues. Participants will be exposed to an interactive format that includes power point, group activities, case studies, and an opportunity for questions and answers.

**B10) *ACT NOW: Turn Survive to Thrive During Stressful Hurdles***

Presented by Jerri Wynn, ODP Polk Center

This training offers three keys to change surviving to thriving during the stressful hurdles in life. It is edutainment, with learning, conversation and laughs. As a team we build off of what we do well and learn additional stress management skills. The points to be discussed are: Assess the Stress, What Can Be Done About the Stress, and Transform My Thinking About Stress.

**B11) *Supporting Good Health: Understanding and Addressing Constipation and Bowel Issues***

Presented by Jan Schlege, Advocacy Alliance (HCQU)

This presentation will provide an overview of normal bowel function. Constipation causes, complications and prevention strategies will be addressed. In addition, possible causes of diarrhea will be discussed. Finally, information regarding common medications used in the treatment of bowel issues and bowel management plans will be provided.

**B12) *Activity Room - Bingo***

Presented by Mary Rhodes, Candy Martino and Bethany Zarko

Love a good game of BINGO? Come play BINGO, win prizes, and have fun.

**B13) *Susquehanna Service Dogs***

Presented by Randy and Jean Hess, SSD Elwood (SSD Demonstration Dog) SSD Ensign (SSD Service Dog in Training)

Learn about service dogs who are individually trained to assist children and adults with disability to become more independent in their daily lives. Rather than relying on other people or assistance devices. Learn about the differences between service dogs and therapy dogs. Meet the special guest (SSD Elwood- a handsome 4 year old, black, Labrador retriever) and SSD Ensign (an amazing 17 month old Lab).

**2:45 p.m. – 3:30 p.m.**

**General Session: Medication Administration for Lifesharing Families**

Presented by Gregory Cherpes, M.D.

Medication use is one of the fundamental components of maintaining a healthy life for many individuals. This presentation will discuss the principles of safe medication administration that serve as the foundation of the Department of Human Services' Medication Administration Training Course. In addition, anticipated changes to the Office of Developmental Programs' regulations related to medications as part of the upcoming Chapter 6100 regulations will be discussed, including the use of a new, modified course for use by life sharers.

#### **ADDITIONAL REGISTRATION INFORMATION:**

**Cancellation Policy:** The PA Lifesharing Coalitions reserves the right to cancel or postpone the conference due to any unforeseen circumstances. In the event of a cancellation or postponement, The Coalition will refund the registration fee but is not responsible for any related costs, charges, or expenses to participants, including cancellations costs incurred by hotels, airlines, or travel agencies. Individual participants must provide written notice of registration cancellation two weeks prior to the conference (subject to a service fee) in order to receive a refund. **If you need to cancel your registration, please email** Carmen Culver at [cculver@columbusorg.com](mailto:cculver@columbusorg.com). No refunds will be granted after 10/4/19.

**Accommodations Requests:** If an accommodation as addressed by the Americans with Disabilities Act is needed at this conference, please contact Sunday Zarko at [szarko@keystonehumanservices.org](mailto:szarko@keystonehumanservices.org). Reasonable efforts will be made to meet the need.

#### **CERTIFICATES:**

Certificates of Attendance for general training credit hours will be provided on site.

#### **QUESTIONS?**

If you have questions about conference content please contact Sunday Zarko at [szarko@keystonehumanservices.org](mailto:szarko@keystonehumanservices.org). Questions related to registration should be directed to Carmen Culver at [cculver@columbusorg.com](mailto:cculver@columbusorg.com).