

# **Pennsylvania's Lifesharing Coalition**

**Presents...**

**The 5th Annual**

## **2017 Lifesharing Conference**

*Together Through Seasons of Change*



*Families don't have to match ...  
You don't have to look like someone  
to Love them.*

*-Leigh Ann Tushy*

**October 16 - 17, 2017**

**Kalahari Resorts & Conventions**

# Pennsylvania Lifesharing Conference

*Together Through Seasons of Change*

## Registration Information

The registration fee is \$150.00 for both days. If you choose to attend only one day, the fee is \$90.00. All registration will be completed through Eventbrite. (Link Below) **In order to attend, you will need to print and bring the Eventbrite ticket to the conference or use the Eventbrite APP to display the ticket from your phone.**

All attendees are required to register for the conference. Admittance to the conference will not be granted to anyone not registered. If you have any questions, please contact Becki Levan at [LifeSharing.conference@kencrest.org](mailto:LifeSharing.conference@kencrest.org).

**Registration opens August 11, 2017 and will close promptly on September 22, 2017.**

**Space is limited so register early!**  
**Everyone registered will receive a t-shirt!**



**All participants must register online**

**<https://2017lifesharingconferenceregistration.eventbrite.com>**

## Conference Accommodations

Please send requests for ADA accommodations directly to:  
Becki Levan ([LifeSharing.conference@kencrest.org](mailto:LifeSharing.conference@kencrest.org)) by October 4, 2017.

## Cancellation Policy

If you are unable to attend the conference, you must contact Becki Levan (LifeSharing.conference@kencrest.org) to cancel your registration by **October 4, 2017**. Registrations canceled by this date will receive a full refund. No refunds will be provided after October 4, 2017.

Due to purchases needed for the conference this cancellation policy is strictly enforced.

## Lodging Information

Hotel room reservations must be made by calling 877-253-5466 before **September 15, 2017** in order to reserve a room at the special group rate. Please mention you are with the Lifesharing Conference.

### **October 15-17, 2017; \$129.00 per night**

#### Desert Room

- Two queen beds with queen size sofa sleeper - sleeps up to 6
- Room rate INCLUDES entrance to Pennsylvania's Largest Indoor Waterpark! Room is priced for up to 4 people, you can add one or two guests by using the sofa sleeper at \$35.00 per person, per night. (room rates are subject to taxes)



# Excellence in Lifesharing Awards Ceremony

This year our Excellence in Lifesharing Awards Ceremony will be on Monday October 16th. We will be having a luncheon. Our Awards will be hosted by Nancy Thaler, Deputy Secretary of the Office of Developmental Programs. The ceremony includes a full catered lunch and the proclamation for Lifesharing Awareness Month.

There is still time to get your nomination in for the Lifesharing Awards. A winner will be chosen by our Leadership team from each of the four regions, (North East, South East, Central and Western).

Nominations are due **August 14, 2017** to Becky Kreischer.

(Becky Kreisher - [bkreisch@keystonehumanservices.org](mailto:bkreisch@keystonehumanservices.org))

Please make sure to select your menu choice at time of registering.

## Menu

All lunches will include a garden salad (mixed greens, crisp cucumber, tomato, cheddar and garlic croutons with house made ranch dressing).

### Chicken Kalahari

Sautéed chicken breast, parmesan swiss cheese spinach artichoke heart garlic cream atop chive steamed baby red potatoes, red pepper and sweet corn in butter sauce.

### Parmesan Roasted Salmon

Parmesan sweet onion crusted salmon, saffron tomato rice and fresh asparagus.

### Five Cheese Macaroni

Fresh mixed vegetable stuffed tomatoes.

### Children's Option - Chicken Strips

Chicken tenders served with macaroni and cheese, raw carrots and ranch dressing, brownie and milk.

# The Activity Room

*For people who don't want the "ordinary conference experience"*

For people who want a different conference experience there will be activities in the dedicated Activity Room.

Lifesharing agency staff will be here to help entertain and engage people in a variety of fun activities, including:

- Fire safety training
- Meeting new people
- Arts and crafts
- Quiet activities
- Quilt decorating
- Create your own tote bag
- Decorate your own hat

**THIS IS SOMETHING NOT TO BE MISSED!!**

## Activity Room Leaders



### **Sunday Zarko**

Having devoted herself to a career in human service prior to graduating high school is what drives Sunday in her everyday quest to improve the lives of the people we support. Sunday began her employment experience with Keystone in Lancaster in 1990. Sunday has had the benefit of managing different types of programs and at different levels of supervision. Sunday embraces the ideals of Lifesharing having been a Lifesharing Provider herself. She has devoted her energies to helping people have meaningful lives as part of a Family.



### **Mary Rhodes**

Mary has worked for Skills of Central Pa for 26 years. For the first 10 years she worked as a direct support person and team leader with Community Homes. For the past 16 years, Mary has worked in the role of Lifesharing Specialist. She has a Bachelor's Degree in Human Services and graduated in September 2016 with a Master's Degree in Human Services. Mary is a member of the Lifesharing Focus Group, Leadership Group, an active member of the Lifesharing Coalition, and now a Certified Investigator. Mary is a strong advocate for people with disabilities and believes there is a place for everyone in Lifesharing if you look hard enough.

# Keynote Speaker Biographies



Peter Leidy

**Peter Leidy** has been learning from people with disabilities since 1983. Peter is a consultant, facilitator, listener, learner, improviser, and speaker who focuses on personalized supports and community membership for people with disabilities. He also writes and sings songs about human serviceland and those who find themselves connected to it.

Peter conducts workshops, develops training materials, writes songs, speaks and sings at conferences, and works with organizations, government agencies, families, and paid supporters to promote positive support, inclusion, building healthy relationships, and thinking differently about people who are called “challenging.” (Peter himself is known to be non-compliant at times, and can often be found exhibiting attention-seeking behavior.)

For almost 20 years he worked for Options in Community Living, a supported living agency in Madison, Wisconsin. His roles included direct support, service coordination, recruiting and supporting direct service staff, community building, and administrative responsibilities.



# Monday, October 16, 2017

8:00 AM - 9:00 AM	*****REGISTRATION*****
9:00 AM - 9:15 AM	WELCOME & OPENING
9:15 AM - 10:15 AM <b>Keynote Presentation</b> <b>Supporting Each Other to Discover Our Best Work</b> <i>Presented by:</i> <i>Peter Leidy</i>	In my 30+ years of getting to know, work with, and learn from people with disabilities, I have seen again and again how important it is to have well-supported supporters. (Say that 3 times fast!) The right match matters. People in direct support roles and those who supervise them need to be heard and respected in their work environment – or else the quality of support declines. Good teams lead to good support. This is a conversation about staying person-centered while recognizing the gifts that paid supporters bring to their work, and how everyone benefits when we listen, collaborate, and celebrate with each other.
10:15 AM - 10:30 AM	Break
10:30 AM - 11:30 AM	Keynote - Peter Leidy (continued)
11:30 AM - 1:30 PM	Excellence in Lifesharing Awards Ceremony Luncheon
1:30 PM - 1:45 PM	Break
1:45 PM - 2:45 PM	<b>Session 1:</b> Choose 1 of 5 options
Option 1 <b>7 Ways to Cause Prevent a Crisis</b> <i>Presented by:</i> <i>Peter Leidy</i>	Many people labeled with “challenging behavior” spiral into crisis through actions and events that could have been avoided. Many crises are caused – unintentionally – by the system, the team or the behavior plan. When people are lonely and disconnected, when life is dull, when a “home” does not feel like home, when a place where someone spends the day is not a good match – the likelihood of unwanted behavior increases. This is not a session about techniques, but rather about how paying attention to quality of life relates to crisis prevention.
Option 2 <b>Supporting Transitional Youth in Lifesharing</b> <i>Presented by:</i> <i>John Owens</i>	The majority of JEVS Lifesharing consumers are between the ages of 21 -31 and considered to be diagnosed with mild MR. Although, these individuals are considered to be high functioning, our agency has become increasingly better at thinking outside of the box to better support this group of people. This session will share information with other agencies on what we do to support people with disabilities and also spark a discussion on what more could be done to support this group of Lifesharing participants.
Option 3 <b>How to Access Your Best Care</b> <i>Presented by:</i> <i>Christina Funkhouser</i>	During this session you will learn how to access your best care from pharmacies. Choosing a medical plan, Communicating sensitivities vs. allergies, providing accurate insurance information and generic medication benefits will be discussed.

<p>Option 4</p> <p><b>Consumer Educational Program: Dental Awareness</b></p> <p><i>Presented by:</i> Health Care Quality Unit</p>	<p>This training describes healthy versus unhealthy dental conditions, which includes an interactive game. Consumers will learn about dental abnormalities, prevention and treatment strategies, including proper oral care.</p>
<p>Activity Room</p> <p><b>Quilt Decorating</b></p>	<p>Participants will help decorate squares for a Quilt. On day 2 of the conference we will have tickets for \$1.00 each to win the quilt. All monies will go towards next year's craft budget.</p>
<p>2:45 PM - 3:00 PM</p>	<p>Break</p>
<p>3:00 PM - 4:15 PM</p>	<p><b>Session 2:</b> Choose 1 of 5 options</p>
<p>Option 1</p> <p><b>Better Living Through Technology: Tools for Assistive Solutions</b></p> <p><i>Presented by:</i>  <i>Kim Singleton</i></p>	<p>Together, we will create practical, step-by-step strategies to identify challenges and create solutions for people with disabilities. Assistive technology is any tool, item, piece of equipment, software program, or product system that can increase, maintain, or improve the functional capabilities of a person. People with disabilities, seniors, and people with acute health issues can all benefit from assistive technology.</p>
<p>Option 2</p> <p><b>Long Term Care Pharmacy – The Ins and outs – Considerations and Benefits for Providers and Consumers</b></p> <p><i>Presented by:</i>  <i>Christina Funkhouser</i></p>	<p>This session will provide better insight on how to gain access to the clinical care team of pharmacists, medical records and the billing specialists. It will provide information on medical records options, tracking and maintaining timely physician orders, medication packaging options, delivery options, medication returns and destruction, electronic services and much more.</p>
<p>Option 3</p> <p><b>A Person Driven Approach to Lifesharing: Enhancing a Meaningful, Everyday Life for All</b></p> <p><i>Presented By:</i>  <i>Cheryl C. Parker</i></p>	<p>Supporting someone through Lifesharing is a commitment that both enhances the lives of everyone in the household and can present challenges within the home, similar to any family environment. Helping those we serve to enjoy their meaningful, everyday life, can be complicated when people use strategies we find confusing or frustrating. We have differing values and perspectives and the pressures of daily life make it difficult for us to meet their needs and creates a more enriching environment for everyone in the home. Being person driven is a vehicle for connection and the creation of a helpful relationship, making us more effective at what we do. It helps to illuminate the frequent barriers to an everyday life and helps us partner toward people's hopes and dreams in an environment of collaboration and empathy. Through this session, participants will learn how to engage with those we serve in ways most likely to lead to a meaningful everyday life.</p>



<p>Option 4</p> <p><b>Introduction of Lifesharing: The Benefits of Shared Lives and How It Works</b></p> <p><i>Presented by:</i></p> <p><i>Jena Cavanaugh</i></p>	<p>A Sub-committee of the Pennsylvania Lifesharing Coalition has developed a training that can be used as an introduction to Lifesharing across many venues. The presentation provides an enhanced understanding of Lifesharing as well as tools to explain Lifesharing to individuals, family members, providers, and other circle of support team members. This training provides the reasons why Lifesharing is the best residential living option and how Lifesharing provides individuals with an Everyday Life.</p>
<p>ACTIVITY ROOM</p> <p><b>Fire Safety Training - Learn not to Burn!</b></p> <p><i>Presented by:</i></p> <p><i>Kevin Godshall</i></p>	<p>Since October is Fire Safety Month, come and learn or come for a refresher on fire safety. Learn how your smoke detector can save your life. Don't want to attend Fire Safety? Relax doing crafts or puzzles. If you just need a break visit us, we will be open all day.</p>

## Tuesday, October 17, 2016

8:00 AM - 9:00 AM	*****REGISTRATION*****
9:00 AM - 10:30 AM	<b>Session 3:</b> Choose 1 of 5 options
<p style="text-align: center;">Option 1</p> <p style="text-align: center;"><b>Compassion Fatigue</b></p> <p><i>Presented by:</i></p> <p style="text-align: center;"><i>Sharon Falzone</i></p>	<p>During this session you will be able to recognize what trauma is and the effects of Post Traumatic Stress Disorder (PTSD). You will be able to differentiate burnout from compassion fatigue and recognize the symptoms. Utilize compassion fatigue assessment tools and describe personal and organizational strategies to reduce and address compassion fatigue.</p>
<p style="text-align: center;">Option 2</p> <p style="text-align: center;"><b>Understanding Hearing Loss: What do I need to know?</b></p> <p><i>Presented by:</i></p> <p style="text-align: center;"><i>Denise Brown</i></p>	<p>Throughout the session, participants will learn about Hearing Loss – differences between deaf and hard of hearing, communication tips for service providers, and a detailed explanation of the Americans with Disability Act regarding effective communication and how it applies to individuals with hearing loss. It will help various staff members enhance their understanding of how to communicate and accommodate those with hearing loss. Understanding effective communication and the perception of the individual who is deaf or hard of hearing during interactions with service providers. We will include PA Interpreter Law and how to utilize sign language interpreters and assistive technology. Service providers will learn how to navigate through the ODHHS directory of resources and services, and learn more about community resources and supports available to them, as well as people with hearing loss.</p>
<p style="text-align: center;">Option 3</p> <p style="text-align: center;"><b>Communicating Behavior</b></p> <p><i>Presented by:</i></p> <p style="text-align: center;"><i>Jamie Walker</i></p>	<p>“I wish I could understand what she was thinking.” “He must be so frustrated that he can’t tell us what he needs.” Or, “He’s trying to tell us something...” These are sentiments that we have become all so familiar with, as we continue to support the individuals in our lives with complex needs. Many people who struggle the most, tend to have unmet communication needs. Those who support them are increasingly bewildered on how to help them meet those needs. In this training, the learner will unravel the world of Assistive Communication and how we can access the tools available (speech-generating devices, apps, picture boards, visual schedules, etc.) During this interactive session, learners will experience part lecture, part interactive-demonstration, and plenty of time to discuss relevant examples.</p>
<p style="text-align: center;">Option 4</p> <p style="text-align: center;"><b>Lifesharing Provider Workshop (how to be the best provider you can be)</b></p> <p><i>Presented by:</i></p> <p style="text-align: center;"><i>Telisha Feamster</i></p>	<p>Who does this? Why do families become providers? How to transition from a roommate to a family member (instrumental to expressive relationships). How to stay the course (tips on getting through the difficult times). How to gain more empathy for individuals with disabilities. How can we help our individuals reach their highest potential possible - SMART goals. Best practices for training (learning about your new family member). Obtain community resources – how to access your community. Know your responsibilities and what is expected of you. Understand the licensing process. Why the agency needs your input – paperwork and regulatory requirements</p>

Activity Room <b>Create your own tote bag</b>	Be as creative as you like decorating a tote bag you can take home with you.
10:30 AM - 10:45 AM	Break
10:45 AM - 12:15 PM	<b>Session 4:</b> Choose 1 of 5 options
Option 1 <b>Sexuality and Sexual Expression in Persons with Developmental Disabilities</b> <i>Presented by:</i> <i>Health Care Quality Unit</i>	This training provides a general overview on the goals and benefits of Sexuality Education. This training features, physical sex, emotional issues, and sexual expression. Rights and health benefits of sexual expression. A Sexuality Curriculum for persons with developmental disabilities.
Option 2 <b>End of Life Considerations and Care</b> <i>Presented by:</i> <i>Health Care Quality Unit</i>	This training provides an overview of quality issues pertaining to interdisciplinary team members involved with end-of-life considerations and care. This training features autonomy and practicality from patient perspective, psychosocial and spiritual considerations, legal and ethical considerations, medical considerations and end-of-life care.
Option 3 <b>How to Navigate Family Dynamics</b> <i>Presented by:</i> <i>Stephanie Brown</i>	Whether working with single parents or blended, nuclear or extended families, each family has its own distinct pattern of relating to one another. The key is honoring the family unit while respecting individual goals and preferences. This interactive session focuses on culture, values, and life experiences and their impact on the family.
Option 4 <b>Come Explore Your Creative Side</b> <i>Presented by:</i> <i>Tammy Leaver</i>	Come explore your creative side. Art is important to our health and happiness. Painting can be an escape, a sanctuary. Come to this session and receive step by step instruction to create your own masterpiece. <b>There is an additional \$20 fee for this session.</b> Fee may be paid in cash at the time of the session or on-line through studio's website in advance. ( <a href="http://love4art.net/">http://love4art.net/</a> )
Activity Room <b>Decorate your own hat</b>	Stand out in the crowd with a hat you created for yourself. Express yourself and decorate to your own heart's desire. Then take your hat home and show your art.
12:15 PM - 1:15 PM	Lunch

1:15 PM - 2:45 PM	<b>Session 5:</b> Choose 1 of 5 options
<p>Option 1</p> <p><b>Communicating with the PCP and other Medical Specialist</b></p> <p><i>Presented by:</i> <i>Health Care Quality Unit</i></p>	<p>This provides awareness of valuable information about the individual's health, likes/dislikes, wants/needs and behaviors. When an individual has an appointment it is important that caregivers not only effectively report the necessary information to the physician, but also document the outcome of the appointment to ensure that all the doctor's orders are followed.</p>
<p>Option 2</p> <p><b>Overcoming Barriers Through Partnerships: Individual Case Studies</b></p> <p><i>Presented by:</i> <i>Molly Brown-Steranko,</i> <i>Alison Berger,</i> <i>Rebecca Dempsey</i></p>	<p>The Dual Diagnosis Treatment Team will present one or more specific cases in which there were significant system barriers which posed a challenge to the individual's progress in treatment. The audience will learn through this case study presentation how to identify a barrier, consider some outside of the box solutions, the value of building open and trusting relationships and consider evaluating their current policies and procedures which may pose a barrier to cross agency collaboration.</p>
<p>Option 3</p> <p><b>Evolution of Understanding Autism: Experience, Data, and Research</b></p> <p><i>Presented by:</i> <i>Stacy L. Nonnemacher</i></p>	<p>As systems evolve and we learn more about supporting people with autism, our understanding of best practices and approaches to support evolve, as well. Experiences in administering two adult autism programs in Pennsylvania and engaging with other systems will be shared in an effort to shape what we know about autism and how to best support someone with autism. Where applicable, data and research will also be presented to support concepts and experiences.</p>
<p>Option 4</p> <p><b>What does Independent Monitoring for Quality data say about the impact of Lifesharing on Quality of Life?</b></p> <p><i>Presented by:</i> <i>Celia Feinstein,</i> <i>Sally Gould-Taylor,</i> <i>James Lemanowicz</i></p>	<p>This session will look at the findings from longitudinal data collected from the Independent Monitoring for Quality (IM4Q) program in Pennsylvania comparing lifesharing to other living situations (community homes, individual care facilities, etc.). We will overview the historiography of lifesharing in Pennsylvania and then dive deeply into the data collected from individuals with intellectual disabilities through interviews over a 14 year period to understand how lifesharing effects important quality of life measurements. Conclusions and implications will highlight: who benefits from lifesharing; what are the specific measures that are significantly beneficial in individuals' lives; lifesharing in relationship to other living situations; and implications for our understanding of community and inclusion. We will end with a look towards the future of lifesharing in Pennsylvania, engaging new ways to research lifesharing as well as new understandings of how lifesharing can grow, change, impact, and broaden.</p>
<p>Activity Room</p> <p><b>BINGO!!!</b></p>	<p>Try your hand at bingo. Maybe you will win a prize.</p>
2:45 PM - 3:00 PM	Break
3:00pm - 4:00PM	General Session - ODP Updates - Nancy Richey