



Welcome to the 9th Annual Lifesharing Conference Conference Program



Hosted by the PA Lifesharing Coalition, the 2021 Lifesharing Conference is supported by the PA Department of Human Services, Office of Developmental Programs

PA LIFESHARING COALITION



Welcome to the 2021 Lifesharing Conference! We hope this year's educational sessions and exhibit hall provide you with valuable and useful information.

During this second year of the COVID pandemic, Lifesharing's philosophy of providing homes and a family continued to be more important than ever. We know many of you have faced and overcome daily challenges, and we recognize and applaud your strength. We hope what you learn over the next two days arms you for the challenges ahead. We look forward to 2022 when we hope to once again meet in person.

Thank you for attending and enjoy the conference!

2021 Conference Planning Committee

La'Tashia Gatling, Barber Institute – Conference Committee Chair

Rebecca Ndikwiki, Community & Residential Empowerment Services –
Conference Committee Co-Chair

Benyam Alemneh, PMHCC – Committee Member

Mary Detwiler, Skills Group – Leadership/Conference Committee Co-Treasurer

Barb Dyer, Mainstay Life Services - Committee Member

Alison Karnish, Spectrum Community Services – Coalition Leadership

Becky Kreischer, Bold, Inc. – Leadership/Awards Program

**Cheryl Nichols, Philadelphia Department of Behavioral Health and Intellectual
disAbility Services** – Committee Member

Sarah Shaw, Skills Group – Leadership/Conference Committee Treasurer

Katherine Wansley, Skills Group – Committee Member

**Wendy Williams, Philadelphia Department of Behavioral Health and Intellectual
disAbility Services** – Committee Member

IMPORTANT INFORMATION

How to Log on to the Virtual Conference Platform

You will receive an email the week of November 1 with a link to log on to the virtual platform called Whova. You will need to log on using the same email you used for registration; your email address can only be used once to log on to the virtual platform so do not share your email address with another person.

The best browser to use with Whova is Google Chrome. You can download Whova as a desktop app to your computer and/or as a mobile app to your phone. You may be asked to set up an account with Whova. If you attended last year's conference, you may already have Whova on your computer or phone.

We suggest you be sure you can connect on Whova before the conference starts on Monday, November 8.

Moving Within the Virtual Conference Platform

The virtual conference platform looks like a web site with tabs for "Agenda" and "Exhibitors." Click on the Agenda tab and there will be links for each of the sessions; click on a session and wait for the session to begin. Once you are in a session, you can use the "Session Q&A" function to type in questions for that presenter. Use the chat feature for networking. Check out the Community Bulletin Board for topics of interest.

Terms of Use: To promote an effective and efficient conference that is respectful of the groupwide learning environment, the PA Lifesharing Coalition asks all attendees to follow the following rules when using the virtual platform: no foul, hurtful, or incendiary language; no links to outside sites that lead to inappropriate sources or misleading/off-topic materials; no sharing photos or shared media indecent in nature nor depicting violence, drug-use, or nudity; no forms of verbal harassment or disruptive behavior; no spamming or flooding forums with repetitive or unrelated content. Participants who violate the terms of use may be removed from the conference or have participation capabilities limited at the conference management's discretion.

Visit the Virtual Exhibit Hall

Click on "Exhibitors" to visit with our sponsors and exhibitors. Check the agenda for designated times to Chat with exhibitors in the virtual hall.

Support the Eagles Autism Challenge

Help our Keynote Speaker, Ben Hartranft, reach his fundraising goal for the Eagles Autism Challenge. Donations will be matched by an anonymous donor and all those who donate will be entered into a drawing for a signed Eagles jersey. See the flyer in your Goodie box for details.

Who to Contact for Problems?

Questions or problems, contact Katrina Harris, contract meeting planner, at kharris@bridgeconsultingcorp.com or call 610.494.8044.

Evaluations/Certificates

You will receive an evaluation survey by email after the conference. Please complete the evaluation survey in order to receive your certificate of attendance.

Monday, November 8, 2021

9:30 AM	Log on to virtual platform
9:45 AM	Opening Announcements & Welcome
10:00 AM – 11:00 AM	<i>Disability Has No Look: Putting a Spotlight on the Spectrum</i>
<p style="text-align: center;">Keynote Presentation</p> <p style="text-align: center;">Kerry Magro, Ph.D Best-Selling Author Autism Film Consultant & Autism Self-Advocate (includes Q&A)</p>	<p>When inclusion works, it means getting everyone's voice to the table. In this presentation, you will hear from self-advocates with disabilities-their stories, what helped them in school, and what would help reduce biases for people like them. We'll also discuss invisible disabilities, the importance of not using functioning labels, and more!</p>
11:00 - 11:15 AM	Break
11:15 AM - Noon	Concurrent Breakouts
<p style="text-align: center;">Session A</p> <p style="text-align: center;"><i>The Good Things in Life</i></p> <p style="text-align: center;">Barbara Dyer Mainstay Life Services</p>	<p>Life sharing already provides people receiving life sharing supports the opportunity to experience family life and the good things that come with being part of a family. But how do we ensure the people we support are achieving all of the good things in life they desire for themselves? This session will discuss the critical need to identify the roles people see for themselves in all aspects of their lives from home, to work, to community inclusion, and beyond. The presenter will provide strategies and tools life sharing providers can use to engage in meaningful conversation with life sharers to start putting these ideas to work.</p>
<p style="text-align: center;">Session B</p> <p style="text-align: center;"><i>Breaking Through the Binary</i></p> <p style="text-align: center;">Dennis Biancuzzo Onslow County LGBTQ+ Community Center</p>	<p>Gender is a tough subject to tackle. There are many facets to consider and many pressures at play, and we have all been conditioned in such a way that our first instinct is almost unanimously wrong. But we're going to tackle it. This presentation will explain the differences and intersectionalities of sexuality/gender/biological sex/attraction/gender expression. We'll talk about the different gender identities and the chromosomal makeup of documented births by number in relation to those chromosomal differences.</p>
<p style="text-align: center;">Session C</p> <p style="text-align: center;"><i>Lifesharing Families & Their Journeys (Part 1)</i></p>	<p>This session features several lifesharing families and providers, including this year's Excellence in Lifesharing Award winners, detailing their journey from getting started in Lifesharing to their challenges and amazing experiences.</p>
<p style="text-align: center;">Session D</p> <p style="text-align: center;"><i>Relax and Recharge Session: Acrylic Paint Pouring</i></p> <p style="text-align: center;">Katherine Wansley Skills Group</p>	<p>Learn to make mesmerizing fluid artwork using acrylic paints. Step by step instructions and easy to follow for beginners. Acrylic Paint Pouring is a fluid painting technique used to create art by pouring acrylic paint onto a canvas. Each painting is unique and easily adjusted to each person's inspiration as the artist picks which colors to use to create their masterpiece.</p> <p>Supplies You will Need:</p> <ul style="list-style-type: none"> • DecoArt: Fluid Art Ready-To-Pour Acrylic Package of 4 colors • Artist's Loft: Canvas Super Value Pack 18 in x 24 in • Hair dryer • DecoArt: Clear Pouring Topcoat/ High-Gloss finish (Optional- apply after painting is fully dried)

Noon	Break & Exhibit Hall Time
12:30 PM	Excellence in Lifesharing Awards Ceremony Kristin Aherns, Deputy Secretary, PA DHS ODP Becky Kreischer, PA Lifesharing Coalition
1:00 PM - 1:45 PM	Concurrent Breakouts
Session E (Part I of II) <i>Imagine Different...Imagine Lifesharing for Children with ID/DD and Complex Medical Needs</i> Rachel Mann, Esq Imagine Different Coalition	<p>During this session, Rachel will discuss:</p> <ul style="list-style-type: none"> • Description of children needing LifeSharing (living in or at risk of admission to facilities) and their families; • Recruitment/assessment and preparation of potential Lifesharing families; • Matching children and recruited Lifesharing families and supporting that relationship; • Facility discharge transition planning; • Safeguards (e.g., monitoring, back-up, access to expertise)
Session F <i>Evaluating Lifesharing: Quality of Life for Pennsylvanians with Intellectual Disabilities</i> Kathryn Burke Temple University Institute on Disabilities	<p>Katey will share results of an analysis of quality of life reported by people with intellectual disability experiencing lifesharing in Pennsylvania, in comparison to other residential options. Quality of life included satisfaction, choice and control, dignity, respect and rights, inclusion, physical setting, and family satisfaction. Katey will also discuss implications for future research and practice related to residential models and supports for people with intellectual disability.</p>
Session G <i>Alternative Payment Models and Lifesharing</i> Mark Davis & Ilana Gruber Pennsylvania Advocacy and Resources for Autism and Intellectual Disability	<p>The key topics of this presentation include:</p> <ul style="list-style-type: none"> • Quality Outcomes • Integrated Care/Services • Value-based Contracting with Shared Savings • Individual Control & Access • Efficient Use of Resources
Session H <i>Relax and Recharge Session: Parachute Cord Keychain/Cross</i> Philip Leaper Skills Group	<p>Paracord projects are both fun and useful while giving you a chance to tap into your artistic side. The projects can be used as their intentional purpose or take them apart while out camping or in need of the cord to use in a whole other way. Learn an easy to follow knotting technique pattern and design to create either project of a keychain and/or a cross. The options of projects are endless once you have learned a pattern and let your creativity take over.</p> <p>Supplies: Cord and Rings included in your Goodie Box</p>
1:45 PM- 2:00 PM	Break

2:00 PM - 2:45 PM	Concurrent Breakouts
<p>Session I (Part II)</p> <p><i>Imagine Different...Imagine Lifesharing for Children with ID/DD and Complex Medical Needs</i></p> <p>Nancy Rosenau Imagine Different Coalition</p>	<p>During this session, Nancy will provide an understanding of and how to coordinate with public resources that support children, including:</p> <ul style="list-style-type: none"> • Medicaid • EPSDT • HCBS Waivers • Early Intervention and Special Education
<p>Session J</p> <p><i>Let's Build Your Network by Using Charting the LifeCourse</i></p> <p>Candi Walton, PA ODP Diana Morris Smaglik, PA Family Network</p>	<p>In this workshop, individuals and families will be provided with information and resources to figure out how to build their networks. All of us need people in our lives who care about us and who we care about too. The Charting the LifeCourse principles and tools will be used to create a vision for developing new relationships and connections and to figure out how to get there.</p>
<p>Session K</p> <p>6</p> <p><i>Medical Marijuana</i></p> <p>Randy Tammara, Pharmacist</p>	<p>This presentation will cover a variety of topics including:</p> <ul style="list-style-type: none"> • What is cannabis, hemp and marijuana • Explanation of Federal Law regarding marijuana • Explanation of Pennsylvania Law regarding marijuana • How to acquire medical marijuana in Pennsylvania • Risks and side effects of marijuana • Potential health benefits of marijuana
<p>Session L</p> <p><i>Relax and Recharge Session: Cooking with Chef Wendy</i></p> <p>Wendy Williams, Philadelphia DBHIDS</p>	<p>Chef Wendy will be sharing her most sought-after recipe for delicious Banana Pudding. She will walk you through each step of making this great holiday or any day dessert.</p> <p>Ingredients Needed:</p> <p>3 bags Pepperidge Farm Chessman Cookies 8 to 10 bananas, sliced 3.5 cups milk 4 5 oz. boxes instant pudding (vanilla, French vanilla or banana cream) 1 8 oz. block cream cheese, softened 1 14 oz. can sweetened condensed milk 1 12 oz. container of Cool Whip 1 lasagna sized aluminum pan Optional (food coloring)</p>
<p>2:45 PM- 3:00 PM</p>	<p>Closing Comments</p>
<p>3:00 PM- 5:00 PM</p>	<p>Dedicated Virtual Exhibit Hall Time: visit with our exhibitors and learn about new products and services</p>

KEYNOTE SPEAKER BIOGRAPHIES



Kerry Magro, Ph.D: Award Winning and Breakthrough Advocate Kerry Magro knew early on that he wanted to make a difference in the lives of others. Kerry was diagnosed with Pervasive Developmental Disorder-Not Otherwise Specified (PDD-NOS) a form of autism, at age 4. Growing up Kerry's future was very uncertain.

Today however, after countless hours of therapy and the support of a loving family, Kerry has conquered many of his challenges. Now as an adult Kerry is a professional speaker, best-selling author, movie consultant and non-profit founder.



Ben Hartranft was diagnosed with autism at age 2. He knew only 20 words. He has gone beyond all expectations and is strengthened continually by his faith in God.

Ben's journey began when he started raising money for the Eagles Autism Challenge. After a few years of fund raising, he was invited to be a guest on The Ellen Show to promote autism awareness and raise funds for research. From that moment on he knew his dream was to be an advocate for autism awareness--taking awareness into action. Ben is now President of Benergy1 Presentations whose mission is to promote kindness, inspiration and achievement through education.

Ben is now living his dream by speaking at schools, churches and businesses--sharing his story and helping others understand what it feels like to be in his shoes.



Kristin Ahrens served as the Director of the Bureau of Policy and Quality Management in Pennsylvania's Office of Developmental Programs (ODP) until September 2018 when she became the Deputy Secretary. Previously Kristin served as the Policy Director for the Institute on Disabilities at Temple University. Ms. Ahrens' more than 25 years of experience working with people with disabilities spans from advocacy and community education to providing supported living, family support and self-directed services and includes development and management of several self-directed models. Prior to moving to Pennsylvania, Ms. Ahrens was the Director of Self-Determination

Resources, Inc. (SDRI), a regional brokerage serving adults with I/DD, in Oregon. Ms. Ahrens has a Master's in Education and Disability Studies Certificate from Temple University



Ronald Melusky is the Director of Program Operations in the Office of Developmental Programs. The Program Operations Division is responsible for implementation and oversight of Provider Qualifications, Provider Enrollment, Licensing, Risk Management, Incident Management, and Independent Monitoring for Quality. Mr. Melusky is the Department's subject matter expert for Family Living / Lifesharing.

Excellence in Lifesharing Awards Ceremony

Every year we like to acknowledge a few families from the different regions throughout Pennsylvania that not only represent, but exemplify the true spirit of Lifesharing. Nominations are collected across the state and reviewed by the Coalition's Leadership Committee who is also tasked with designating four winners from across the state (one from each region).

Presented by: **Becky Kreischer, PA Lifesharing Coalition**
 Kristen Ahrens, PA DHS/ODP

Congratulations to the Winners of the 2021 Excellence in Lifesharing Award!

CENTRAL REGION WINNER - Tricia Reich

(nominated by Ashley Sehn, Skills Group)

In 1999, Nikki Reich's father and daughter were in a car accident. Unfortunately, Nikki's father did not survive, and her daughter sustained multiple injuries. Nikki heard about Lifesharing and realized she would be able to focus on her daughter's recovery while being able to work from home. Nikki visited Selinsgrove State Center and met Josephine; there was an instant connection. Josephine joined the Reich family and was so happy to finally have a family to call her own. Nikki, Nikki's husband David, and her three daughters Shelby, Tricia and Chelsea have built a connection over the past 22 years with Josephine.

In December 2018, Tricia called me with the devastating news that Nikki had suddenly passed away. My heart just broke, not only for Nikki's family but for Josephine as well. Josephine definitely felt the loss of Nikki. I took Josephine to Nikki's funeral, and Josephine kept calling out "Mama." Nikki's two best friends, along with other friends and family members, comforted Josephine. Tricia and her family were now faced with a decision about continuing to be Josephine's Lifesharing family. After some time to think and discuss with her family, Tricia made the decision to quit her job, delay schooling, and support Josephine full time.

In April 2019, Josephine was diagnosed with acute systolic heart failure. In May, Josephine's heart function continued to decline and palliative care was begun. Between the doctors and with Tricia's excellent care, Josephine improved and was able to be discharged from palliative care and has remained out of the hospital. Josephine is doing a lot better and is as happy as she ever has been. Along with being diagnosed with acute systolic heart failure Josephine was put on a low sodium diet. Tricia had to come up with some creative ways to let Josephine have the meals that she likes but also keep in mind the amount of sodium she was giving Josephine. I remember Tricia calling me the one day all excited telling me she found no sodium pasta. Tricia has found ways to incorporate more fruits and vegetables into Josephine's diet, for example, making a frozen fruit sorbet which Josephine loves. To say Tricia has been creative with food prepping is putting it mildly especially on Josephine's "cheat" days. Making sure Josephine is staying safe and healthy is Tricia's number one goal. Today Josephine is as happy and healthy as ever. She is loving life and enjoying dance parties with Tricia and cuddling with her dogs.

WESTERN REGION WINNER – JUDIE GLEASON

(nominated by Cassandra Pilarski, Barber National Institute)

In 2018, The Barber National Institute Lifesharing program was asked to attend a meeting to discuss Lifesharing and living options for a young woman that attended a Barber National Institute Day program. It was conveyed that her current living arrangements were far from ideal as the home where she lived had an insect infestation that was beyond the point of extermination. The Program Specialist attended the meeting and met Karen and her father. During the meeting Karen and her father discussed the current state of the home and that Karen had suffered the loss of her mother. It was not an easy decision for Karen and her father, however after reviewing Lifesharing and respite options, Karen and her father decided she would stay in a respite home while the agency sought an appropriate provider. During Karen's stay in respite she became very close to a full time staff by the name of Judie Gleason. Judie was aware of all the concerns and hardships Karen suffered and began to develop a close bond with her. Judie supported Karen and assisted her through

feelings of loneliness and abandonment by showing her love, support and affection. Judie remained available to Karen on her days off in case Karen felt anxious about the recent changes in her life. Judie and Karen were elated when a potential provider was found for Karen. At this time, Judie began to further nurture Karen in order to assist her with the transition. Karen began matching visits with the potential provider while remaining at the respite home. The potential provider identified for Karen unexpectedly informed the team they no longer felt they could support Karen. When Judie heard that the potential provider for Karen had changed their mind, she immediately inquired about becoming a Lifesharing provider for Karen. A yearlong wish came true and Karen became a member of Judie's family.

Karen moved in with Judie in June of 2019 with no little more than the clothes on her back. Within weeks, Karen began to blossom into a confident young woman. With Judie's support, she became a valued member of her Lifesharing family and community and began to discover opportunities to explore and learn new things. Karen never attended church on a regular basis before meeting Judie. She now attends regularly and is a member of the choir. Karen is now a valued member of her church and has met many new people there. As Karen's confidence has grown, so has her eagerness to learn and explore. Judie never misses an opportunity to show Karen something new. Anytime that Karen becomes inquisitive about an event or something that she has never done before Judie makes it happen!!! It was also with Judie's support that Karen was able to maintain her family relationships. Judie treats Karen's biological family as her own. Judie supported and educated Karen throughout the recent pandemic. Judie assisted Karen with keeping in contact with her friends and family while social distancing at home. With Judie's support Karen did not experience the anxieties associated with the pandemic. Karen learned how to keep herself safe by wearing a mask, washing her hands, and practicing social distancing. I have been fortunate enough to see Karen transform from a very shy, quiet, anxious girl to a beautiful, confident woman.

SOUTHEAST REGION WINNER – RUBELLA UTENDAHL

(nominated by Daneesha Davis, KenCrest)

Rubella Utendahl and her husband invited James to become a part of their family through Lifesharing in 2017. From the moment he moved in his quality of life drastically improved, largely due to the unwavering support and advocacy that Rubella provides.

Rubella has been quite the advocate for James over the years. James has a history of being taken advantage of, came from a background of being homeless and was doing his best to survive. Moving in with the Utendahls not only provided a safe loving welcoming home, but an environment which helped him get back on track to living his best life. She has helped James expand and grow his independence. He has maintained a routine where he is up and ready to be at work by 9 am, he takes pride in his work, and enjoys seeing his coworkers. James takes pride in his room at home keeping it neat and orderly; he's learned to do his own laundry and go to the market on his own. Rubella tuned in to the fact that James enjoys drawing and is quite a talented artist. She has encouraged him to embrace his creative gift which really blossomed during the pandemic. On the weekends, Rubella works with James and his friends on teaching them how to read with flash cards. Rubella has created a home that is duplexed where James can still have his own space but has his Lifesharing family downstairs when he wants to engage.

Rubella has been sick this past year, but her husband Michael has stepped up tremendously with taking James out to eat, Sixers playoff games, parties, and more. Rubella works hard on spending quality time with James on her good days in the home and the community. Rubella continues to stay committed to James. She was diagnosed with breast cancer early 2021 and through her treatments she still manages to be there for James whenever he needs it. She works so hard to make sure her illness does not disrupt his routine. James has grown so much over these years while being with Rubella, his mannerism, his independence, his everyday skill set.

NORTHEAST REGION WINNER – SHANNON GUINARD

(nominated by Margie Cosgrove, Human Resources Center, Inc.)

Shannon Guinard has been a Lifesharer for just over 2 years. She works full time for Children and Youth, has a daughter and 3 sons, one a high schooler still at home. Shannon's mother also lives with them and is an integral part of their lives. Her husband Eric is an amazing support in Shannon's mission to make a difference

in the lives of others. Janice joined the Guinard family in 2019. Janice had been living in an assisted living situation with her mother. This was only to be temporary for Janice until the right living situation became available. Janice met with the Guinards, and they all felt this could be a perfect fit.

Janice was initially resistive to filling her days with activity, developing a routine, or thinking of other's schedules. Shannon knew that a schedule and routine was going to be most important for Janice to be successful in whatever was to follow. Shannon did not give in easily to Janice dismissing program or activity suggestions, rather she encouraged Janice to at least try before deciding if she liked or disliked something. Fast forward...a schedule is in place, Janice is engaged in 3 separate programs, has a job, new interests that include photography and she walks daily....then Covid hits. All that work comes to a screeching halt.

Shannon's first thought was we need to keep this schedule going as best we can, Janice can't lose all that she has gained. Shannon was on a mission! Janice was home but now instead of walking in the neighborhood once a day, she walks twice. She got a Fitbit to track of her steps and sleep, she set a goal of 10,000 for herself! As soon as agencies began Zoom meetings, Shannon made sure that Janice was set up to participate; she enjoyed seeing her friends, developing new exercise routines and learning some new recipes. Shannon's mom stepped in to assist with crafts to be completed together. They created an awesome memory quilt from Janice's old t-shirts. Janice continued with Special Olympics via Zoom and participated in all the competitions they had. As soon as it was possible Shannon was accessing the services available so Janice didn't lose interest and skills. Today, Janice is thriving! She looks and feels great! She has many friends and acquaintances she sees often. As a result of Shannon suggesting and reminding Janice how capable she is, Janice is volunteering independently in the County Office Cafeteria two days a week. Also with support, she works one day a week for a lawyer and is trying out new activities and volunteer opportunities. Janice is very proud of her accomplishments and excited about what the future holds for her.

Congratulations to All of the 2021 Nominees!

Central Region:

- Rebecca Dively- Nominated by Abigail Murphy, Keystone Human Services
- Donna Geist-Nominated by Courtney McGee, Person Directed Supports, Inc
- Sherri Irvine-Nominated by Morgan Welch, BOLD, Inc.
- Bunni Newman-Nominated by Lesha Taylor, Hope Enterprises, Inc
- Vicki Tims-Nominated by Crystal Imler, Valley Community Services

Northeast Region:

- Arden Brooks-Nominated by Marissa McDaniel, Devereux
- Alice Favinger-Nominated by Catherine Stoeckel, CARES
- Peggy & Jim Hittner-Nominated by Alison Karnish, Spectrum Community Services, Inc
- Linda Nagel-Nominated by Bridget Delemarre, Human Resources Center, Inc
- Linda Ravnell-Nominated by Tiffany Castillo, Resources for Human Development
- Luz Rivera-Nominated by Dina Castro, Keystone Human Services

Southeast Region:

- Dwayne Gilliland-Nominated by Aisha Bosket, KenCrest
- Christine Knotwell-Nominated by Ashley Vernacchio, KenCrest
- Mary Kyle-Nominated by Marcia Debes, Royer-Greaves Services
- Melissa Lerario-Nominated by Andrew Dyer, KenCrest
- Cindy & Ron Ryder-Nominated by Angela Miller, KenCrest

Western Region:

- Joan Carey-Nominated by Michael Kowalski, Passavant Memorial Homes
- Michele Ward-Nominated by Crystal Ciallella, Erie Homes for Children and Adults
- Diana Roschi-Nominated by Tim Bailey, Erie Homes for Children and Adults

Tuesday, November 9, 2021

9:30 AM	Log On to Virtual Platform
9:45 AM	Opening Announcements
10:00 AM- 11:00 AM	<p>Keynote Presentation Ben Hartranft Benergy1 Presentations</p> <p>Ben Hartranft is excited to share his story of being non-verbal at the age of 2 to now achieving his dream of being a full-time speaker as President of Benergy1 Presentations. His mission is to promote kindness, inspiration and achievement through education and taking autism awareness to action. Ben has exceeded all expectations including working since the age of 16, learning to drive, winning homecoming king at his high school, appearing as a guest on the Ellen DeGeneres show and being asked to carry the Lombardi trophy at the ring ceremony for the Philadelphia Eagles. Ben’s story and “Benergy” will inspire those who hear him to “Never Let go of Their Dreams”.</p>
11:00 AM	Break
11:15 AM - Noon	Concurrent Breakouts
<p style="text-align: center;">Session M</p> <p style="text-align: center;"><i>Behavioral Expression of the Fatal 5</i></p> <p style="text-align: center;">Maggie Vorhees Milestone Centers, Inc.</p>	<p>There are five top health concerns that are the leading causes of often PREVENTABLE death in people with intellectual disabilities. Learn what they are, the medical symptoms seen, and how those medical symptoms can behaviorally express themselves. This presentation will also look at what we, as supporters, can do to reduce risk and possibly save lives.</p>
<p style="text-align: center;">Session N</p> <p style="text-align: center;"><i>Lifesharing Families & Their Journeys (Part 2)</i></p>	<p>This session features several Lifesharing families and providers, including this year’s Excellence in Lifesharing Award winners, detailing their journey from getting started in Lifesharing to their challenges and amazing experiences.</p>
<p style="text-align: center;">Session O</p> <p style="text-align: center;"><i>Exercise as a Human Right</i></p> <p style="text-align: center;">Jared Ciner, SPIRIT Club</p>	<p>Here at SPIRIT Club, we believe that exercise is a human right. Founded in 2012, SPIRIT Club is a fitness platform for people with and without disabilities. Enjoy an interactive conversation with SPIRIT Club’s Founder and learn how fitness is made accessible for all. Come away with some new exercises for your own program.</p>
<p style="text-align: center;">Session P</p> <p style="text-align: center;"><i>Relax and Recharge Session: Drawing Basics</i></p> <p style="text-align: center;">Katherine Wansley Skills Group</p>	<p>Learn to make a simple drawing of a bird. Step by step instructions and easy to follow for beginners.</p> <p>Supplies You Will Need (included in your Goodie Box):</p> <ul style="list-style-type: none"> • Paper with bird outline. • Crayons (or other pencils or markers of your choice)

Noon – 12:05 PM	Lunch Sponsor: Nathan Gerhard, Keystone Human Services
12:30PM- 1:15 PM	<p>Speed Networking: Click on Networking Tables on the Whova Agenda. When the session starts, you will be assigned to a table with other attendees and have an opportunity to network. The tables will change every 10 minutes. If you miss a change, please wait and you will be assigned to a table during the next 10 minute session. Questions to get the conversation started:</p> <ul style="list-style-type: none"> - Introduce yourself and your role in Lifesharing. - What do you like best about Lifesharing? - What is something creative you have done during the pandemic? - What has been your favorite part of the conference?
1:15 PM – 1:30 PM	Break
1:30 PM – 2:15 PM	Concurrent Breakouts
<p align="center">Session Q</p> <p align="center"><i>Person-Centered Practices in Supporting Friendships</i></p> <p align="center">Patrick Lane, IntellectAbility</p>	<p>One of the best things about life is having friends. Some of us have many and others a few. One thing is certain, we all need friends. Yet so many people we support have lives marked with loneliness and isolation. Often anxiety, depression and even health risks can be rooted in not having at least one or two good friends or people we value in our lives. The pandemic has exacerbated these issues. Person Centeredness is in part about helping people with disabilities with the essential human need of building friendships and meaningful interactions with others. During this session, you also learn how and where to help and the process of making friends as it will differ from person to person.</p>
<p align="center">Session R</p> <p align="center">The Wounds and Trauma of Everyday Life: Valued Social Roles to Wellness and a Good Life</p> <p align="center">Guy Caruso, Ph.D. Temple University Institute on Disabilities</p>	<p>Dr. Guy Caruso will teach participants about the wounding life experiences and trauma people with disabilities experience, as well as about the concept of devaluation and devalued roles. Dr. Caruso will offer strategies and actions to take to help people with disabilities, their families, and professionals to work toward the valuable everyday experiences.</p>
<p align="center">Session S</p> <p align="center"><i>Mental Health First Aid Training</i></p> <p align="center">Shemiah S. Cooper Philadelphia Department of Behavioral Health and Intellectual disAbility Services</p>	<p>Learn more about the Mental Health First Aid training program. Mental Health First Aid is an international program proven to be effective in teaching adults how to recognize and respond to signs and symptoms of mental health and substance use challenges. Peer-reviewed studies conducted have shown that individuals trained in the program:</p> <ul style="list-style-type: none"> • Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions. • Can identify multiple types of professional and self-help resources for individuals with a mental health or substance use challenge. • Increase their confidence in and likelihood to help an individual in distress. • Show increased mental wellness themselves.

<p>Session T <i>Relax and Recharge Session: Bingo!</i> Mary Rhodes Detwiler Katherine Wansley Skills Group</p>	<p>Relax and recharge with a few games of Bingo! Cards are included in your Goodie Box. Mary and KT will be calling the numbers. Use one card per game and cross off the numbers on your card as they are called. First person to type “Bingo” in the chat wins. Send a picture of your winning card to KT for verification, along with your mailing address, to: kwansley@skillsgroup.org. After verifying, your prize will be mailed to you.</p>
<p>2:15 PM – 2:30 PM</p>	<p>Break</p>
<p>2:30 PM – 3:30 PM</p> <p>Keynote Presentation <i>Licensing Inspections after COVID-19: What Have We Learned?</i></p> <p>Ron Melusky, PA Department of Human Services, Office of Developmental Programs</p>	<p>On October 8, 2021, ODP discontinued fully-remote annual inspections and is gradually returning to a fully-onsite method. Over the past 18 months, we have learned a great many new inspection techniques, some of which will be used as permanent “tools in the toolbox” moving forward. This session will describe what we have learned, how we will apply new techniques in the long-term, and solicit audience feedback about their inspection experience during the COVID-19 pandemic.</p>
<p>3:30 PM - 3:35 PM</p>	<p>Closing Comments</p>

Thank You to the Lifesharing Families and Providers Who Participated in the Family Panels:

Tricia Reich/Ashley Sehn, Skills Group
Judie Gleason/Cassandra Pilarski, Barber National Institute
Rubella Utendahl/Daneesha Davis, KenCrest
Shannon Guinard/Margie Cosgrove, Human Resources Center
David Armbrister/Lamont Bates, SPIN, Inc.
Terrance & Michelle Grey, La’Tashia Gatling, Barber
National Institute

Thanks to Our Supporters

A Special Thank You to PA ODP for their extraordinary support of this year's conference.



Thank You to our \$2,500 Level Lunch Sponsor

Keystone Human Services

Nathan Gerhard
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(Enjoy your lunch gift card included in your Goodie Box!)

Thank You to our \$1,000 Level Sponsors

KenCrest

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disAbility Services**

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Special thanks to Herr's for the Goodie Box snacks.

Thank You to our \$750 level Sponsors

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Thank You to our \$300 level Sponsors

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**A VERY SPECIAL THANK YOU TO OUR VOLUNTEER WEBSITE COORDINATOR -
Cody Kreischer: Thank you for updating and keeping our website running.**

PA LIFESHARING COALITION



Are You a PA Lifesharing Coalition Member?

The PA Lifesharing Coalition will meet next virtually on December 2, 2021 at 10 AM.

The Coalition also has regional meetings. For more information on these meetings, please email the following Regional Contacts:

- Central Region: Sarah Shaw (sshaw@skillsgroup.org) or Rebecca Kreischer (bkreischer@boldinc.org)
- Northeast Region: Joe Karpinski (karpinski@csgonline.org) or Alison Karnish (akarnish@spectrumcommunityservices.org)
- Southeast Region: Kathy Trumbore (kathy.trumbore@KenCrest.org) or Elise Shepherd (eshepherd@brianshouse.org)
- Western Region: Carrie Kontis (carriekontis@barberni.org)

For more information,
www.palifesharing.com

SAVE THE DATE

November 7 and 8, 2022

PA LIFESHARING CONFERENCE

KALAHARI RESORTS, POCONO MANOR, PA

We look forward to seeing everyone there!