

Keynote Speaker: Mr. Alvin Law

He is living proof that removing the word "can't" from your vocabulary is something to which we can all aspire.

Alvin's mission is to spark a worldwide Attitude Revolution. A professional speaker for over 30 years, he uses his story to challenge and inspire people to rewrite the negative stories they tell themselves about themselves; to stop feeling like victims in their lives and get proactive; to stop making excuses and start making choices. Over 7,500 corporations, organizations and groups on five continents have used Alvin

to ignite, engage and transform their people.

"The best thing that ever happened to me is being born without arms. It brought me to circumstances never thought possible." – Alvin Law



Featured Speakers:



Sue Hoss, Look, Cook, and Eat
Healthy Snacks, Healthy Choices

In this session, attendees will learn about healthy options for snacking and ways to make better choices when shopping for snack foods.



Nate Hendrickson and Jake Haile
TNT Kids Fitness

The Magic of Movement



Learn why movement and conditioning are important for both children and adults with DD. Get new ideas that will help you get moving and feel strong. Find out how to solve different kinds of difficulties that make fitness a challenge for you.

2020 North Dakota **POWERUP** Health Conference

Friday, September 11, 2020

► **VIRTUAL CONFERENCE**

Agenda

9:00 - 9:10 A.M.	Welcome/Opening Remarks
9:10 - 10:30 A.M.	Mr. Alvin Law, Keynote Speaker <i>Change the Label</i> Calgary, Canada
10:30 - 10:40 A.M.	Interactive Activity
10:40 - 11:10 A.M.	Ms. Sue Hoss, Look, Cook, and Eat <i>Healthy Snacks, Healthy Choices</i> DesMoines, Iowa
11:10 - 11:20 A.M.	Interactive Activity
11:20 - 11:50 A.M.	Mr. Nate Hendrickson and Mr. Jake Haile, TNT Fitness <i>The Magic of Movement</i> Fargo, ND
11:50 A.M. - 12:00 P.M.	Closing Remarks/NDCPD Staff

The remaining breakout sessions have been pre-recorded and can be viewed on our website, www.ndcpd.org/powerup.html. These recordings will only be available until Wednesday, September 23, 2020.

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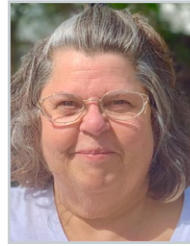
This conference is coordinated by the North Dakota Center for Persons with Disabilities with funds from the ND State Council on Developmental Disabilities.



This document can be made available in alternative formats.

Welcome

"Welcome to the Power Up Health Conference! It's a nice conference that we have had for five years. We offer all kinds of sessions for adults and young people with disabilities. This conference has great vendors and lots of information and stuff to give out. We offer a lot of nice exercise sessions that get you doing things, along with good information about healthy snacks and food to make at home. We also have sessions to help be stress free, because it's not good to be stressed out. I hope you have a great time and hope to see y'all next year!"



– Deborah Nicholson, Advisory Committee Member

Project Staff



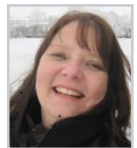
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Jill Staudinger, West River Head Start
Sara Haarstad, Self-Advocate
Deborah Nicholson, Self-Advocate
Sheryl Beard, Self-Advocate
Liz Romanick, Self-Advocate
Natalie Edwards, Self-Advocate



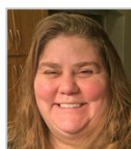
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#powerup2020

Visit our website for more information:
www.ndcpd.org/powerup.html

Breakout Sessions

Session Title	Description
Learn the Signs, Act Early: Tools and tips to monitor developmental milestones Hilory Liccini, NDCPD 	This presentation will introduce the CDC's Learn the Signs, Act Early materials and teach parents and providers ways to track and monitor developmental milestones.
Sensory Regulation and Behavior Kelly Drevecky, NDCPD 	This session will focus on behavior as it relates to sensory regulation. Families, caregivers, and educators can benefit from looking at behavior through a sensory lens to enhance their understanding of impulsivity, seeking, and, avoidant behaviors that may not be only manipulative in origin. A greater understanding of child motivation will help caregivers and professionals better formulate interventions that combine behavioral and sensory approaches.
Connecting Job Seekers and Employers Through Customized Employment JoLynn Webster, NDCPD 	Customized employment is a win/win for job seekers and employers. This session will provide an overview of customized employment as a strategy for supporting individuals with disabilities to identify employment opportunities that would be a good fit both for them and an employer. Two programs that use a customized employment approach to connect job seekers with disabilities and employers will be highlighted.
S.U.P.E.R. Adventures: My Favorite Day of the Week Mandy Johnson, S.U.P.E.R. Adventures 	Let's adventure together! Discover ways to be more active and social. Learn about the importance of social groups and gain insight and encouragement to be a part of one or start a social group of your very own!
YESS (Youth Empowering Social Status) - Self-Advocacy Panel YESS Self Advocates	YESS has formed a panel for presentations regarding how best to be your own self-advocate and barriers that they have overcome or help change along the way. We believe everyone should be the best version of yourself and help others along the way.

Session Title	Description
The Artist in You Denise Jensen, Anne Carlsen Center 	This session will focus on how art can be used to reduce stress and improve our mental health. The creative process is a very effective tool when dealing with our emotions. Participants will have a better understanding of how nourishing our creative side can enhance their life.
Movement for Everybody Tana Trotter, Proximal50 	Exercise can often be intimidating but it benefits absolutely everyone. Learning movements that you can do anywhere and with anyone will give you the energy and strength to live life to your full potential.
Adaptable Yoga Sigrid Strebe, Transitions Yoga 	Every body is different - we all come to the mat in different states of awareness and flexibilities. Learn about the connection between breath, stress reduction and mindfulness as it relates to the the physical and emotional body. Adaptive yoga is for people with varying physical abilities that have difficulty performing standard yoga poses, working with students to recreate the essence of the posture combined with breath.
North Dakota Health Tracks Jodi Hulm, ND Department of Human Services 	In this presentation I will be discussing the benefits of the North Dakota Health Tracks Program to include information on who is eligible for a screening, where to obtain a screening, what is all included in a screening and the follow up afterwards.
Assistive Technology 101 Tami Ternes and Beth Bakke Stenehjelm, ND Assistive	Attendees will gain knowledge about what Assistive Technology (AT) is, when it is beneficial and an understanding of the different areas of AT.