



4th Annual

YOUTH SUMMIT

AUGUST 5-6, 2011

**The Florida Hotel & Conference Center
at The Florida Mall
Orlando, Florida**

WELCOME...Youth and Emerging Leaders!

Welcome to The 4th Annual Youth Summit, presented by the Florida Youth Council and The Family Café!!!

The Annual Youth Summit is a two-day event that has been designed by the youth and emerging leaders of the Florida Youth Council to be completely by youth, for youth. The Florida Youth Council is a group of emerging leaders with disabilities, just like you, that are committed to encouraging leadership and helping their peers to succeed in life.

The Annual Youth Summit began as an idea about inspiring youth with disabilities to become future leaders, not only within the disability community, but in every aspect of their lives. This idea soon took form as a two-day event entitled The 1st Annual Youth Summit. The Florida Youth Council was astounded by the level of success and positive reviews that came out of the 1st Annual Youth Summit. With that success in mind, the FYC set forth to build upon it by hosting The 2nd Annual Youth Summit, which turned out to be even more successful than the first. That passion that had made The 1st and 2nd Annual Youth Summit successful was harnessed for the third and most successful Youth Summit to date in 2010.

As successful as The 3rd Annual Youth Summit was, the Florida Youth Council still saw room to improve. They have spent the last year working to enhance the Summit and to find ways to help youth become leaders within their lives, their communities and the disability community. With that thought in mind, the Florida Youth Council has carefully handpicked every aspect of The 4th Annual Youth Summit.

The theme for The 4th Annual Youth Summit is "Health and Wellness." The Florida Youth Council believes strongly that in order for there to be leadership, there needs to be a foundation of Health and Wellness. This includes everything from eating healthy, to having an active leisure life and having healthy relationships. All of the sessions, the keynote presenter

and the arts and crafts project planned for The 4th Annual Youth Summit will revolve around the idea of Health and Wellness.

The Council is extremely hopeful that everyone will have fun and enjoy all of the activities planned this weekend, and maybe even make a few new friends. If there's anything you need while you're here, or if you have any suggestions about how we can make The Annual Youth Summit better, please let us know!

Yours,



Alex Brown, Youth Advisor
Lizzy Barrows
Nick Grabowski
Ashlen McWhorter
Cinthia Melgar
Josue Tapia Ortiz

Megan Atkinson
Derek Carraway
Whitney Harris
Garrett Mayersohn
Chris Regan
Sarah York



FRIDAY, AUGUST 5

Welcome & Opening Keynote

3:30 - 5:30 Legacy North



Sarah Helena Vazquez was born and raised in Newark, NJ. She was diagnosed with Cerebral Palsy at the age of four. Sarah's mother raised her to be mindful of two major facts: with her Puerto Rican culture, rice and beans could not be missing from the dinner table; and she should always be aware that she could do anything she put her mind to. Proud to have been educated within the Newark Public School system, Sarah is a graduate of Rutgers University where she earned her BA degree in Psychology and English. Currently, she is a Support Coordinator working at Neighbors Inc. She has been the keynote speaker and master of ceremonies for New Jersey's Department of Education's Dare to Dream Student Leadership Conferences, and has spoken at numerous national events. She is proud to have been invited to participate in the 35th Anniversary of the Individuals with Disabilities Act (IDEA) in Washington, DC. Sarah's autobiography, *Paved Roads*, published in the summer of 2011, is her proudest accomplishment. Sarah bases her achievements on two major factors – having dreams, and following her dreams on a full stomach.

Please join Sarah for an inspirational message about taking charge of your own health and wellness. She will share her thoughts on how youth and young adults with disabilities can become empowered to take charge of their own wellness, and encourage everyone to play a more active role in becoming healthy, active adults with disabilities.

Ice Breakers

5:30 - 6:30 Legacy North

Getting to know people is often very difficult. To make it a little easier, the FYC has scheduled a few fun icebreaker activities for all participants. Since the theme of this year's Youth Summit is Health and Wellness, we are going to break into "Food Groups." These activities will give you a chance to get to know the members of your group. The groups will be led by youth council members who will facilitate the icebreaker activities and help participants get to know each other.

Movie Night

Come walk the Red Carpet before enjoying the animated adventure *Ratatouille*

7:30 - 9:30 Legacy North



There is no better way to make an entrance than on a red carpet walkway. Be snapped by the waiting paparazzi. Walk the red carpet as the main star for the evening before the animated feature film *Ratatouille*.



We all have dreams. Remy is no different, except he is a rat. In the movie *Ratatouille*, Remy gets a shot at his dream of being a great Chef. His exciting and funny tales leads him down a path where he finds out the meaning of family and friendship. Can Remy find a way to become a famous chef, or will he be forced to return to his previous life as just an ordinary rat? Come and find out the answer to this question as we watch the hilarious Pixar movie *Ratatouille*.

SATURDAY, AUGUST 6

Morning Welcome

9:30 - 9:45 Legacy North

The Role of Youth Leadership in School and Beyond

9:45 - 10:30 Legacy North

Through group discussion, Sarah Vazquez will demonstrate how having focused goals, support systems, confidence, and allowing one's voice to be heard can assist youth in school and beyond. Sharing her personal story of first gaining self-awareness as a child, Sarah hopes to show how taking control of her own life path can help to lead the way for others.

Sarah Helena Vazquez
(973) 932-9708
sarah@sarahvazquezspeaks.com
www.sarahvazquezspeaks.com

Parent Session

Joyful Living... Is it Really Possible?

(This is a session for Parents Only)

10:00 - 11:00 Legacy South 1



"It all started with a shoe" - Cinderella. "What do you want to be when you grow up?" the teacher asks the class. "Cinderella! Cinderella!" almost all the little girls exclaim. This is a normal answer for those who are in grade school.

In these stories we meet witches and queens, giants and elves, princes, dragons, talking animals, ogres, princesses, and sometimes even fairies. Marvelous and magical things happen to characters in fairy tales. A boy may become a bird. A princess may sleep for a hundred years. A seal may become a girl. Objects, too, can be enchanted-mirrors talk, pumpkins become carriages, and a lamp may be home to a genie.

A fairy tale, or wonder tale, is a kind of folktale or fable. Being a parent of a son or daughter with a developmental disability often propels us into our own intense tale of wonder- we meet the same witches and queens, giants and elves, princes, dragons,

talking animals, ogres, princesses, and sometimes even fairies while we are trying to secure the services and support our loved one needs.

Most times, as you will agree, these events are less marvelous and definitely not magical things that happen to us or our children and we become absorbed into the world of disability and service delivery systems. At the same time, we are motivated to “slay the dragon,” by overcoming the challenges that threaten our child’s well-being, and the well-being of other children and parents at the same time.

What exactly makes your story a Cinderella story? How have you overcome challenges so you can live in balance and harmony with self and loved ones? Or are you still looking for the right foot to fill your glass slipper? Join us and learn about some great techniques to bring balance, harmony, and a joy for life, including energy medicine, nutrition and the arts, so you can achieve your own Happy Ending!

Lori Fahey, *President/CEO*
The Family Café
1332 N. Duval Street
Tallahassee, FL 32303
lfahey@familycafe.net
(850)224-4670
www.familycafe.net

Paula Lalinde, *Ph.D., CEO*
Nothing Trumps Hope, LLC
(305)807-7594
paula_lalinde@yahoo.com

Apron Project

10:30 - 11:30 Legacy North

What we eat has a lot to do with our overall Health and Wellness. So for this year’s craft project at The Annual Youth Summit, we are putting the focus on the kitchen! That’s where you do all of the food preparation that keeps you healthy. It’s also where some of us tend to make a mess! That’s why you need a good apron. The only problem is that most aprons are just plain. But this year’s project will give everyone a chance to change that. Help the members of The Florida Youth Council spice up their personal aprons by adding your own unique mark! Then decorate your very own apron name tag. Join us for some fun and creativity!



Lunch With Your Team

11:30 - 12:45 Salon 2

Enjoy lunch with the members of your Youth Summit Food Group!



Active Leisure for Life

Legacy South 1

Join this session to learn about the remarkable impact that recreation can have on your life. The presenter, David Jones of the Florida Disabled Outdoors Association, will share his own personal story about disability, active leisure, and the major benefits that come with an active lifestyle. Active leisure isn't just for typically-abled people, it's for people of all abilities! Learn all about how to determine what activities are best for you by using a self-assessment tool, and find out how to get involved in leisure in your community.

It's all about Active Leisure for Life!

David Jones, *President*
Florida Disabled Outdoors Association (FDOA)
2475 Apalachee Parkway, Suite 205
Tallahassee, Florida 32301
davidjones@fdoa.org
(850)201-2944 Ext. 2
www.fdoa.org



Yuck or Yummy

Legacy South 2

Foods you think are yummy (the ones that taste good to you) might be yucky for you. They may make you feel bad or make you sick. Foods that you might think are yucky can still taste good, and might make you feel great, or keep you from getting sick. You decide...which foods are really yummy, and which ones are really yucky.

You might be surprised! This session will talk about choosing good foods and keeping yourself healthy.



LuAnn Duncan, *Family & Consumer Sciences Agent*
Orange County Extension
Institute of Food and Agriculture Sciences
University of Florida
6021 South Conway Road
Orlando, Florida 32812-0147
laduncan@ufl.edu
(407)254-9200
www.ocextension.ifas.ufl.edu

Healthcare Transitions

Legacy South 3

This session will help you be more in charge of your health. You will learn how to talk with doctors so that they pay attention to what you have to say and answer questions in a way that you can understand. You will also find out what you need to do to be prepared for the time when you graduate from pediatrics, and start receiving care from adult-focused physicians. All participants will receive a DVD on talking with healthcare professionals and several other helpful handouts.

John Reiss, *PhD*
University of Florida
1329 SW 16th Street, Rm. 5133
Gainesville, Florida 32610-0147
ljgr@ichp.ufl.edu
(352)265-7220
www.hctransitions.ichp.ufl.edu



Disaster Preparedness

Legacy South 1

What is disaster preparedness? What does disaster preparedness mean? And how does being prepared for a disaster affect your overall wellness? you will learn this and more about being prepared for disasters, either natural or man-made. When do disasters happen the most? And are you able to survive them? With the proper education you can survive disasters and your overall wellness will be thankful for you taking the time to become disaster wise.



Linda Carter, *Executive Director*
No Person Left Behind
704 Homer Ave North
Lehigh Acres, Florida 33971-1142
mslindacarter@comcast.net
(239)368-6846 Home
(239)826-8686 Cell
www.nopersonleftbehind.org

Danger of Drugs

Legacy South 2

In this session, Ron Sachs from The Night Vision Program will share information to demonstrate the dangers of Alcohol, Tobacco, Marijuana, Inhalants and Prescription Drugs. These are known as "Gateway Drugs." The presentation will include practical demonstrations and activities to illustrate the negative impact drugs can have on the user, including visual aids that demonstrate the



damage tobacco can do to your lungs, and an exercise about the dangers and availability of prescription drugs. Come hear about the presenter's own experiences as an undercover drug agent, and learn what you need to know to keep yourself safe from the dangers of drugs.

Ron Sachs

Florida Counter Drug
Drug Demand Reduction
ronaldsachs@us.army.mil
(386)589-2315

www.floridaguard.army.mil/programs/counterdrug/ddr



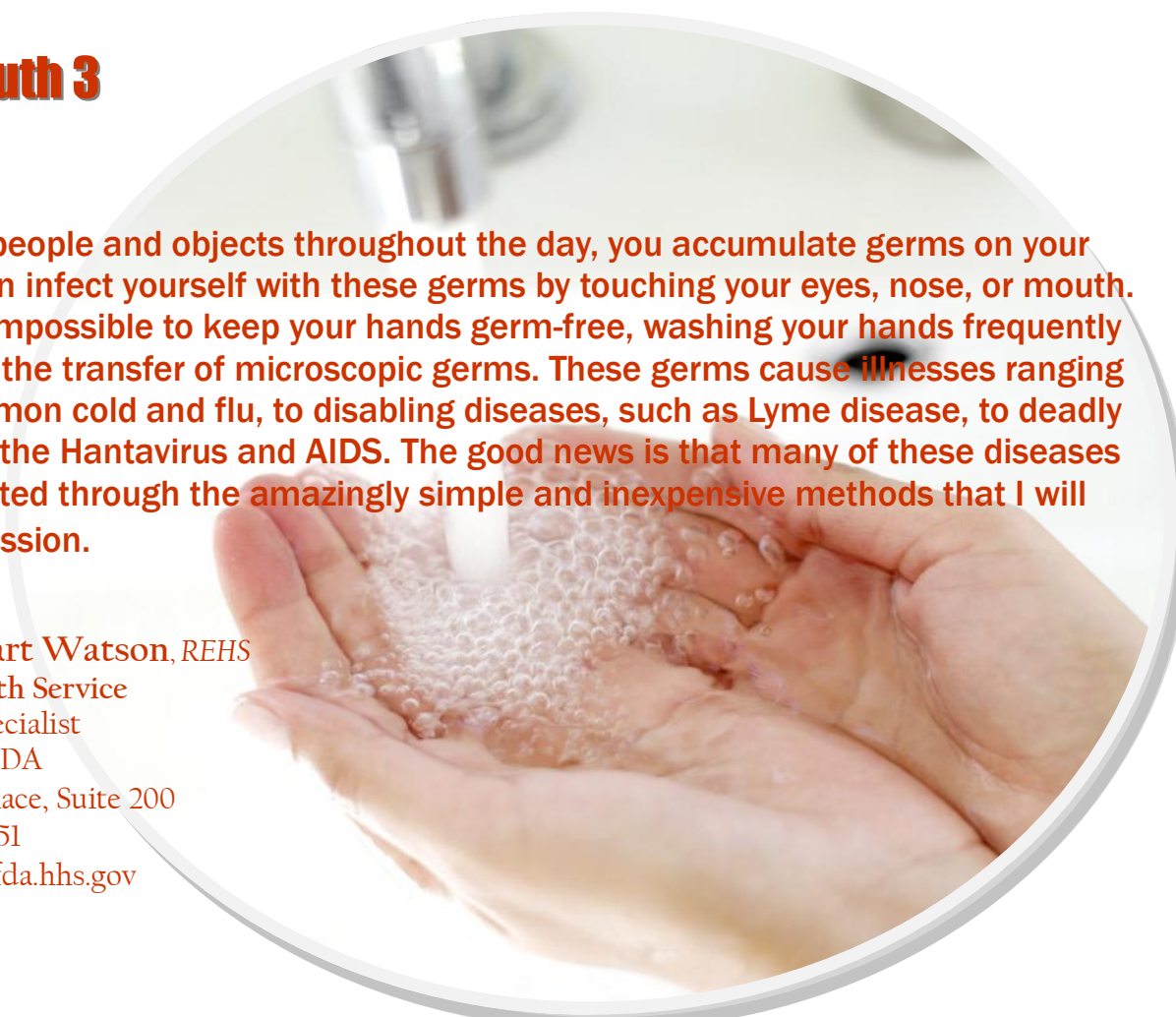
Protecting Yourself from a Germy World

Legacy South 3

As you touch people and objects throughout the day, you accumulate germs on your hands. You can infect yourself with these germs by touching your eyes, nose, or mouth. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of microscopic germs. These germs cause illnesses ranging from the common cold and flu, to disabling diseases, such as Lyme disease, to deadly diseases, like the Hantavirus and AIDS. The good news is that many of these diseases can be prevented through the amazingly simple and inexpensive methods that I will show in my session.

CDR C. Stewart Watson, REHS

U.S. Public Health Service
Public Affairs Specialist
Florida District FDA
555 Winderley Place, Suite 200
Maitland, FL 32751
charles.watson@fda.hhs.gov
(407)475-4756
www.dfa.gov



A full-page background image showing a sunset over a beach. The sky is filled with vibrant orange and red clouds, with the sun low on the horizon. The ocean is calm, reflecting the warm colors of the sky. In the foreground, several large, dark, rounded rocks are scattered across the beach and in the shallow water. The overall mood is peaceful and contemplative.

How to Bring More Good into your Life

3:30 - 5:45 Legacy North

Everyone has special gifts and we all have a special purpose for being here. This session will help you discover your special gifts and will give you tools to help you be able to put your gifts to good use. The tools will include: how to make a vision board, easy meditation/breathing exercises, and the use of worry sticks and healing stones. You are guaranteed to learn new things about yourself and how to bring good things into your life.

Paula Lalinde, *Ph.D.*, CEO
Nothing Trumps Hope , LLC
(305)807-7594
paula_lalinde@yahoo.com

Dance Party



6:30 - 10:00 Legends 2 & 3



Join the Florida Youth Council as they cap off to The 4th Annual Youth Summit with a dance party. DJ Scott Casey, who has performed hundreds of shows for Disney, Universal, and Sea World, as well as at The Annual Family Café, will keep the house rocking with all of your favorite dance songs. There will be plenty of fun, dancing and excitement out on the dance floor, and door prizes for the lucky winners!!!



Take the World by Storm

**Available now for only \$10
Pick up your copy today
at the registration table!**

**a collection of poems, short stories,
thoughts and more by The Florida Youth Council**

Keep In Touch!

The Youth Summit is a great place to network, visit with old friends and meet new friends. We encourage you to use this page to share contact information and **KEEP IN TOUCH!**

The Florida Youth Council
www.FloridaYouthCouncil.com

See you Next Year!



The Florida Youth Council
is a Program of
The Family Café, Inc.



Showcasing Florida's Menu of Services

1332 N. Duval Street

Tallahassee, FL 32303

(850)224-4670 Voice • (850)224-4674 Fax • (888)309-2233 (café) Toll Free

www.FloridaYouthCouncil.com

www.FamilyCafe.net