

***NOTE to PRINTER/DESIGNER: Please insert header on each page stating the day of the workshop listings on that page**

**General Workshops, Discussion Groups, Parents' Meetings
and "Meet and Greets"**

Sunday, July 5th

What's Happening at 2009 Conference

8:00 a.m. – 8:45 a.m.

Salon B

Presenters: Michael Petruzzelli
Clinton Brown III

Conference Committee Chairs will give helpful hints about the upcoming week. Ask questions about transportation and logistics, social events, sightseeing trips, workshops, "Meet and Greets" and medical clinics. Tips for getting the most out of Conference — whether your goal is information gathering, socializing or seeing NYC like a "local"! Designed to address questions of frequent attendees of National Conference and newcomers, alike.

What It's Like Being Me

9:00 a.m. – 12:00 p.m. (see below for details)

Salon C

Facilitator: Lorraine Montuori, LMSW, LCSW

An open-forum for LP kids of the same age group and their siblings to tell their own stories about who they are, while learning what they have in common with the others. There will be opportunities to discuss a wide range of topics: family, friends, school, recreational activities, and individual concerns. No parent or adult participation, please. Facilitated by Lorraine Montuori, Pediatric Social Worker at the Greenberg Center for Skeletal Dysplasias at the Hospital for Special Surgery.

Please note the applicable time:

Ages 5 to 9: 9:00 to 9:30

Ages 10 to 14: 9:45 to 10:15

Ages 15 to 18: 10:30 to 11:00

Siblings of all ages: 11:15 to 11:45

Parents Meeting — Psychosocial Issues

9:00 a.m. – 12:00 p.m.

Salon A

Facilitators: Ericka Okenfuss, MS
Michelle Moore, MS
Betty Elder
Laura Wagonlander

Open discussion group for parents of LPs, moderated by counseling professionals. Discuss the psychological and social aspects of dwarfism, e.g., talking to family, friends and strangers about your child's difference; dealing with staring, comments, teasing and with the social stigma of short stature. Adult LPs welcome to attend and provide a personal perspective on growing up as an LP. Due to the confidential and personal nature of this Parents Meeting, please do not bring children, and we request that the media not attend.

Reunión con los padres — Enfoque en Asuntos Psicosociales

9:00 a.m. – 12:00 p.m.

Athletes

Facilitadores: Veronica Vivar
Amanda Hernández

Discusión abierta para los padres de personas pequeñas. Discutir los aspectos psicológicos y sociales de las personas pequeñas. Por ejemplo: como hablar con sus familiares, amigos y extraños sobre las diferencias de su niño; como afrontar las miradas inapropiadas y comentarios. Personas pequeñas adultas están bienvenidas a este foro para que compartan con nosotros sus experiencias personales de como desenvolverse en la sociedad. Debido a la confidencialidad de esta reunión, por favor no traer niños, y solicitamos que los medios comunicativos no atiendan.

Adoption – "How To"

9:00 a.m. – 10:15 a.m.

Comedians

Presenter: Colleen Gioffreda

Are you thinking about adopting? International or domestic? Open or Closed? We will explore options and offer resources for those who want to take the next steps. Others who have adopted children are encouraged to join us and offer their insights as well.

Alcoholics Anonymous

9:00 a.m. – 10:15 a.m.

Fulton Ferry

How I Became a Millionaire

10:00 a.m. - 11:00 p.m.

Metrotech (Barty Room)

Presenter: Dr. Bobby Brindle

Broaden your perspective and embrace "success." Dr. Brindle will discuss concepts designed to help you achieve success. Come with questions, and Dr. Brindle will give you some answers.

Grandparents "Meet and Greet"

10:30 a.m. - 12:00 p.m.

Writers

Hosts: Tom McDonnell
Micki McDonnell

If you are a grandparent attending the conference with your children or grandchildren, please stop by to connect with other grandparents of children of short stature. An informal discussion will take place. Come with questions and advice or come just to listen.

Career Planning and Job Search Tips

10:30 a.m. - 12:00 p.m.

Salon I

Looking to start your career or change your field? Come hear tips and suggestions specific to issues encountered by LPs in their search for employment.

Devotional

11:00 a.m. - 12:00 p.m.

Metrotech (Barty Room)

Leader: Dr. Bobby Brindle

Teen/Young Adult Discussion Group

1:00 p.m. - 2:15 p.m.

Salon F (Teen Room)

Facilitator: Alysha Abrams

Come share experiences, concerns and solutions unique to the teen and young adult years. Topics of discussion will include dating, job hunting, and college search. **Note: Open to LP teens and young adults ONLY.**

Bienvenida a los Participantes de Habla Hispana

4:30 p.m. - 6:00 p.m.

Comedians

Anfitrión: Amanda Hernandez
Diego Hernandez

Esta es la oportunidad para que las personas pequeñas o sus familiares expresen las experiencias que han enfrentado en su país de origen. Los directivos de las organizaciones de cada país pueden compartir sus proyectos y actividades. No pierdan la oportunidad de conocer a personas de diferentes países hispanos.

MOPDII "Ask the Experts" Workshop

4:30 p.m. - 6:00 p.m.

Fulton Ferry, Prospect Park

Facilitator: Cinda Riley, Potentials Foundation
Mike Riley, Potentials Foundation

Discussion of relevant issues in MOPDII led by a teen and young adult panel. Free for participants in Potentials Foundation; \$15 fee for others.

Newcomers "Meet and Greet" – "Batter Up!"

**4:30 p.m. - 6:00 p.m.
Athletes, Writers, Actors**

Host: Mary Ellen Little

Have you only been to National Conference once or twice? Step up to the plate and join us for a baseball-themed "Newcomer Meet and Greet." Look for the "umpires" – experienced conference attendees circulating to answer questions and make connections! Bring your hometown baseball cap and mingle with your fellow newcomers! East, West and Central "divisions" will be assigned: 1) families with young children, 2) teens and families and 3) adult newcomers.

Monday, July 6th

Dance for All Ages

**8:00 a.m. – 8:45 a.m.
10:30 a.m. – 12:00 p.m.
Metrotech (Barty Room)**

Leader: Jackie Loiacono

Do you like to dance? Come check out the dance workshop and participate in a class! We will be learning dance routines to your favorite popular music! Open to kids, adults or anyone who is looking to have some fun! Hope to see you there!

General Membership Assembly

**9:00 a.m. - 10:15 a.m.
Salons D & E**

We encourage all conference participants to attend the annual General Assembly of LPA. Highlights of the agenda include: discussion of future National Conference locales, current activities by the Advocacy Committee, and review of important issues faced by LPA in 2008-2009. Membership in LPA is not required to attend.

Alcoholics Anonymous

**10:30 a.m. – 12:00 p.m.
Fulton Ferry**

Average Sized Siblings Discussion Group

**10:30 a.m. - 12:00 p.m.
Salon I**

Facilitators: Peter Vitrano
Francine Vitrano
Julia Vitrano
Nicholas Vitrano

What is it like to live with siblings who are different? Does it affect you at school? Are you more agitated and more inclined to react defensively when someone notices your sibling's difference or any other person's difference? Are they treated differently or specially amongst friends or family? Are you more protective of your short-statured sister or brother than you are of your other siblings? Join us for an informal discussion about how having a short-statured brother or sister influences your life.

Note: Open to average-sized siblings and their parents ONLY.

Difference within Difference

10:30 a.m. - 12:00 p.m.

Writers

Facilitator: Anna Adelson

Is there something that sets you apart from the majority of short-statured people? Height? Disability? Race? Sexual Orientation? Nationality? Religious choices? Limb-lengthening surgery? An average-size partner? Share and celebrate your individuality in a safe and accepting environment

A Fresh Look at the History of Short-Statured Actors

10:30 a.m. - 12:00 p.m.

Salon G

Presenter: Dr. Michael M. Chemers

Dr. Michael M. Chemers, Professor of Dramatic Literature at Carnegie Mellon University, will discuss the history of dwarf performers in the U.S. While also exploring such issues as stigma and exploitation, he will highlight the artistic achievements of talented and celebrated dwarf actors, past and present.

Going to College

10:30 a.m. - 12:00 p.m.

Salon H

Panel: Juli Windsor
Ken Grotell
Danielle Frank

Come hear helpful tips and a discussion of strategies for applying to college, choosing the right college, preparing to go to college, connecting with the right programs (e.g., study abroad, athletics), getting the appropriate accommodations, financial aid and scholarships. Panelists include: Juli Windsor who is concluding her college career with a major in Psychology and has studied abroad and competed on her school's cross country team; Ken Grotell, a certified school counselor for 14 years and a member of the Executive Council of the Western Suffolk Counselor's Association; and, Danielle Frank, who just completed her freshman year of college.

Home Adaptations and Remodeling

10:30 a.m. – 12:00 p.m.

Actors

Presenters: Julie Rotta
Robert Van Etten

Power Point presentation and discussion on design strategies, products, techniques and funding sources for remodeling and adapting the home for ease of use by short statured individuals and their families.

Town Hall with LPA Leaders

10:30 a.m. – 12:00 p.m.

Salons D & E

Representatives of the Board, the Executive Committee and Districts and Chapters will be available to answer questions from conference attendees. Also, you may submit a question in advance at registration.

Violin/Viola Adaptation

10:30 a.m. – 12:00 p.m.

Salon C

Presenter: Lucy Williams

Come learn about what it takes to play the violin as a LP. Bring your fiddle! Get tips about fitting your little body and your little violin together! All ages welcome!

Parents' Meeting —Health Issues

10:30 a.m. – 12:00 p.m.

Salon A

Facilitators: Laura Wagonlander
Dr. Julie Hoover-Fong

Open discussion group for parents of LPs. Come ask questions and offer advice on managing children's health issues. Dr. Julie Hoover-Fong (Johns Hopkins) will be in attendance to offer additional insight and expertise.

Reunión con los padres — Asuntos de Salud

10:30 a.m. – 12:00 p.m.

Comedians

Facilitadores: Veronica Vivar
Wendy Gaviria
Amanda Hernandez

Discusión abierta para los padres de personas pequeñas acerca de cómo manejar los problemas de salud de sus hijos.

MOPDII "Ask the Parents" Workshop

10:30 a.m. – 2:15 p.m.

Salon B

Facilitator: Bob Walker, Potentials Foundation

Discussion of relevant issues in MOPDII led by a panel of experienced parents. Educational expert, Melanie Dixon, will be available to address educational concerns.

Adoptees and Family

1:00 p.m. – 2:15 p.m.
Singers

Join this group discussion about the issues experienced by those LPs who have been adopted and by their families. **Note: Open only to adoptees and their families to encourage full and frank discussion.**

Tweens (9-12): A Day in the Life of a Tween

1:00 p.m. – 2:15 p.m.
Salon C

Join us for a casual conversation about the short statured person's pre-teen life. . . school, clothing, sports, social relationships, LPA, etc.

Short-Statured Actors' Discussion Group

1:00 p.m. – 2:15 p.m.
Salon G

Panel: Nico Lang (Moderator)
Mark Povinelli
Warwick Davis
Gary Arnold
. . . and others

Hear a panel of professional actors discuss their varied experiences in films, on television, and on stage — as well as the influence of their short stature on their careers. The actors, along with Gary Arnold, LPA Vice President for Public Relations, will address the industry's depiction of LPs, and its impact upon the general public. Whether you are interested in a career in acting, or have opinions about how "Hollywood" views LPs, this workshop is for you!

Successful Transition from Youth to Adulthood

1:00 p.m. – 2:15 p.m.
Comedians

Presenter: Rebecca Cokley

What resources are available to assist young adults with dwarfism make the jump from school to career? Teen and young adult LPs and their parents and families can learn about a comprehensive framework developed by the National Collaborative on Workforce and Disability for Youth — the "Guideposts for Success" — that identifies the content of what all youth need to transition to a productive, independent, self-sufficient adulthood. This workshop emphasizes the benefits of coordination and collaboration among families, schools, government programs and private organizations.

Making Accommodations at School

1:00 p.m. – 2:15 p.m.
Salon H

Presenter: Laura Wagonlander

How do you know what accommodations will be needed at school? When should you start working with your district to make these accommodations? This workshop will show what accommodations your child may need, show some examples and offer tips for making those accommodations. The workshop will also give some resources for equipment and supplies.

Nutrition and Weight Management in LPs

1:00 p.m. – 2:15 p.m.

Writers

Presenter: Celide Koerner, RN, MSRD

Discuss basic guidelines for weight management, dietary intake and exercise for individuals with short stature. Methods to calculate energy needs based on body size and activity will be covered. Resources to estimate caloric content of foods and caloric expenditure from various forms of exercise will also be discussed. Led by Celide Koerner, RN, MSRD, Nurse Nutritionist at Johns Hopkins Greenberg Center for Skeletal Dysplasias.

Complementary and Alternative Medicine

1:00 p.m. – 2:15 p.m.

Actors

Presenters: Dr. Clair Francomano
Jessica Weld

This workshop will present an overview of the four major domains of complementary and alternative medicine: mind-body medicine, biologically based practices, manipulative and body-based practices, and energy-based medicine. In addition, the whole medical systems of traditional Chinese medicine, Homeopathic medicine and Ayurvedic medicine will be summarized. Scientific evidence supporting the use of these modalities will be presented - what is known to work, where are there questions still open, where have theories been definitely disproved? Questions directly related to medical challenges faced by persons of short stature will be addressed.

Heighten Your Sensuality and Intimacy

1:00 p.m. – 2:15 p.m.

Salon I

Presenter: Mary Lou Naccarato

Discuss creative sensual techniques and positions that are suited to your range of mobility. Explore topics such as living a passionate life, dating & marriage experiences with LP/average size partners, long distance relationships, and internet dating. Explore adaptive LP- friendly adult toys and accessories. Free literature, samples and prizes. Selected adult products will be available for purchase before and after the workshop. **Note: Only open to LP singles, couples, and persons (average size) in a current relationship with an LP. Must be at least 18 years old to attend.**

Parents of Little People (“POLP”) Yahoo Group “Meet and Greet”

1:00 p.m. – 2:15 p.m.

Facilitator: Tonya Sweat

Have you been contributing to the POLP Yahoo Health Group discussion online? Come meet some of the people you may have had exchanges with!

Interspatial (Mixed) Couples Discussion Group

2:30 p.m. – 3:45 p.m.

Fulton Ferry

Presenter: Samantha Rayburn

An open-forum discussion involving "interspatial couples," i.e., one person is short-statured and the other is average height. Thoughts on the dynamics, the properties and the maintenance of relationships of mixed-statured couples will be presented and discussed.

The 411 on Disability Disclosure

2:30 p.m. – 3:45 p.m.

Comedians

Presenter: Rebecca Cokley

Disclosing one's disability in school (K-12 and postsecondary), work and social settings is difficult for anyone. The National Collaborative on Workforce and Disability for Youth has developed a program to address this issue. Participants of this workshop will learn information about their rights and responsibilities related to disclosure, how to disclose effectively and to whom, and what needs to be said. This workshop is for LPs and for those who support them.

Pedorthic Approach to Foot Care

2:30 p.m. – 3:45 p.m.

Actors

Presenter: Donna Roberston

Learn about pedorthic approaches to foot care. This workshop will review how to treat and prevent foot pain and other foot issues. Foot specific and shoe evaluation and appropriate shoe selection will be explored. Additionally, the interaction between foot dysfunction and upper body pathology and symptoms will be addressed.

LGBT "Meet and Greet"

4:30 p.m. – 6:00 p.m.

Metrotech (Barty Room)

Facilitator: Anna Adelson

This Meet and Greet will give you a chance to mingle with other LGBT LPs. The format will be loose and we will be discussing whatever the participants bring to the table.

Professionals Networking "Meet and Greet"

4:30 p.m. – 6:00 p.m.

Writers

Host : Robert Van Etten

This is an opportunity to share your experiences in the business world, exchange business cards, and meet new friends. Little People are in a unique situation, but remain in a competitive world with our professional colleagues and business associates. Please come and join us; we can surely learn from each other. Robert Van Etten, former LPA President and business owner, will host and facilitate the session.

Family “Meet and Greet” (featuring Jillie Dog)

4:30 p.m. – 6:00 p.m.

Kids Room

Hosts: Karen McDonnell Ryan
John Ryan

Come enjoy the Kids Room and meet and mingle with other families. Performance by Jillie Dog, one of America’s top trick dogs. She is a certified therapy dog that plays poker, basketball and so much more! She has been featured on Disney TV and on Animal Planet (www.jilliedog.com).

Liebe Perla: Film Screening and Discussion

8:00 p.m. – 10:00 p.m.

Writers

Facilitator: Betty Adelson

This award-winning documentary features Perla Ovitz, the youngest member of a Hungarian-Jewish family that included seven dwarf actors and musicians, all of whom survived Dr. Josef Mengele's infamous "scientific experiments" in Auschwitz. This film’s portrayal of Perla's friendship with Hannelore Witkowski, a much younger, German LP disability activist, contributes to making this a memorable experience. Please join us for the film and for a discussion following.

Tuesday, July 7th

Parent’s Meeting — School Issues

8:30 a.m. - 9:30 a.m.

Salon A

Facilitator: Laura Wagonlander

Open discussion group for parents of LPs. Come ask questions and offer advice on issues arising in the context of education. Discuss your LP child’s first day of school, meeting with school officials and communications to other classmate’s parents.

Reunión con los padres — Asuntos Escolares

8:30 a.m. - 9:30 a.m.

Writers

Facilitadores: Wendy Gaviria
Olga Marohnic

Discusión abierta para los padres de personas pequeñas. Consejos de como discutir las condiciones de las personas pequeñas con los profesores, estudiantes y padres de familia. Adaptaciones y recomendaciones.

3'6" and Under Discussion Group

9:00 a.m. – 10:15 a.m.

Comedians

Facilitator: Mark Trombino

A roundtable discussion for people who stand at 3'6" and under, and for their friends and family. An opportunity to share helpful hints and solutions for living in an average-sized world and to share feelings about what it is like to be shorter than the average LP. Discussion facilitated by Mark Trombino, a motivational speaker who travels the US speaking about dwarfism, overcoming obstacles and "seizing the day."

Mourning the Loss of a Child – Born or Unborn

9:00 a.m. – 10:15 a.m.

Actors

Facilitator: Mary Ellen Little

Open discussion of experiences of the loss of a child during pregnancy or shortly after birth. Will address topics such as double dominance and other lethal forms of dwarfism. Discussion facilitated by LPA's Bereavement Coordinator, Mary Ellen Little, RNC, certified in neonatal nursing.

Your Total Body Wellness Through Diet, Nutrition and Fitness

9:00 a.m. - 10:15 a.m.

Athletes

Presenter: Dianna Carda

Interactive discussion on making healthy choices through diet, nutritional supplements and fitness. Learn how to give the body back what it is missing, so it can heal and restore itself. Topics relevant to children or adults, whether athletes or couch potatoes. Specific information focused on the wellness of the Little Person at any mobility level. Audience participation in stretching routine. Raffle prizes! Personal fitness assessments are available before and after workshop.

Teasing and Bullying – It's NOT Just Joking Around™

10:00 a.m. - 12:00 p.m.

Salon D

Presenter: Jodee Blanco

Jodee Blanco, survivor, expert, activist and author of the *New York Times* bestseller, *Please Stop Laughing At Me . . . One Woman's Inspirational Story*, will present her critically acclaimed anti-bullying program *It's NOT Just Joking Around™*. Jodee will address issue specific to LPs and put the LP experience in the context of the broader bullying phenomenon. Jodee will also explore the moving struggle of every adult survivor of peer abuse and offer practical solutions for transcending those wounds. Jodee will be available immediately following this workshop for a book signing.

Alcoholics Anonymous

**9:00 a.m. – 10:15 a.m.
Fulton Ferry**

Cartilage-Hair Hypoplasia (CHH) Discussion Group

**10:30 a.m. - 12:00 p.m.
Golden Board Room**

Please join us for an open and interactive discussion relating to CHH. Come with your ideas and questions.

Nutrition and Weight Management in LPs

**10:30 a.m. – 12:00 p.m.
Singers**

Presenter: Celide Koerner, RN, MSRD

Discuss basic guidelines for weight management, dietary intake and exercise for individuals with short stature. Methods to calculate energy needs based on body size and activity will be covered. Resources to estimate caloric content of foods and caloric expenditure from various forms of exercise will also be discussed. Led by Celide Koerner, RN, MSRD, Nurse Nutritionist at Johns Hopkins Greenberg Center for Skeletal Dysplasias.

Enhancing Balance and Joint Stability Beginning with the Feet

**10:30 a.m. – 12:00 p.m.
Writers**

Presenter: Donna Roberston

Learn about lower extremity biomechanics and alignment issues specific to LPs. Discussion will focus on how pedorthic management (including foot specific and shoe evaluation and appropriate shoe selection) can improve balance and joint stability. Participants should leave the workshop with an understanding of the interrelationship between foot dysfunction and upper body pathology and symptoms related to balance and how addressing these issues can improve daily life.

Diastrophic Dwarfism Discussion Group

**10:30 a.m. - 12:00 p.m.
Salon C**

Facilitator: Ron Piro

An open forum for people with diastrophic dwarfism and their families and friends. Come network and exchange ideas and information.

Pseudoachondroplasia Discussion Group

10:30 a.m. - 12:00 p.m.

Salon H

Facilitators: Dr. Jacqueline Hecht
Julie Rotta

This workshop will provide an opportunity for people with pseudoachondroplasia and their families to network and exchange ideas and information about various aspects of daily living. We will discuss perspectives and options for people with pseudoachondroplasia. Come with your ideas and questions.

Short-Statured Men's Discussion Group

10:30 a.m. - 12:00 p.m.

Actors

Facilitator: Bill Bradford

This is an open forum for men to discuss any topic of concern particular to the experience of being an adult male with dwarfism. Confidentiality and respect will be stressed, and topics may include social issues, sexual concerns, employment, education, and anything in between. Your host, Bill Bradford, is a lifelong member of LPA and the current Senior Vice President. Please come for an enlightening, honest and interesting round table discussion. **Note: This Discussion Group is for LP men, 18 and older only.**

Short-Statured Women's Discussion Group

10:30 a.m. - 12:00 p.m.

Comedians

Facilitator: Lila Call

Come gather and share our experiences with one another as short-statured women. Topics will include self-image and media. **Note: This Discussion Group is for LP women, 18 and older only.**

Los Enanitos Toreros – LP Bullfighters in Mexico

10:30 a.m. - 12:00 p.m.

Athletes

Presenter: Livia Corona

Mexican photographer Livia Corona has been documenting the lives of LP bullfighters in Mexico since 1998. Ms. Corona will present selections from her collection and speak about the lives of Los Enanitos Toreros inside and outside the bullring.

Your Rights Under Disability Laws

1:00 p.m. – 2:15 p.m.

Salon I

Presenter: New York Lawyers for the Public Interest

Do you have questions about your rights under the Americans with Disabilities Act? Representatives from New York Lawyers for the Public Interest — a non-profit civil rights law firm that advocates for social justice for those with disabilities — will provide information regarding your rights under the Americans with Disabilities Act and ways to address possible violations. Come prepared with questions about: accessibility (public transportation, employment, healthcare, housing, businesses), discrimination in the workplace, accommodations in public education.

MOPDII "Ask the Doctor" Workshop

1:00 p.m. - 3:45 p.m.
Salon B

Facilitator: Christy Jordan, Potentials Foundation

A question-answer style discussion of MOPDII medical topics led by Dr. Michael Bober.

Little People and Their Role in Mythology and Fairy Tale

1:00 p.m. - 2:15 p.m.
Comedians

Presenter: Mark Vandebrake

An historical and psychological exploration of symbolic meanings of dwarf depictions in mythology, fairy tale and folk legend

Depression: What It Is and How to Get Through It

1:00 p.m. - 2:15 p.m.
Actors

Presenter: Andrew Solomon

Please join Andrew Solomon, author of *The Noonday Demon: An Atlas of Depression*, a *New York Times* bestseller and winner of the 2001 National Book Award, as he examines depression from all angles. He will look at depression as a pervasive force in our society, that often goes undiagnosed and untreated, resulting in a catastrophic loss of productivity and happiness. His lecture will look at the nature of the illness, will explore various treatments for it, and he will propose ways to address it. Depression is particularly associated with physical disability and physical pain, and this, too, will be addressed with specific reference to the LP community. Solomon has lectured on depression at Yale, Harvard, Princeton, Cambridge, the Library of Congress, and the National Institutes of Health. His book *The Noonday Demon: An Atlas of Depression* was a finalist for the Pulitzer Prize; it has been published in 24 languages.

Stylish Safety – Women’s Safety Awareness Seminar

1:00 p.m. - 2:15 p.m.
Salon C

Presenter: Lidia Szczepanowski

Join Lidia Szczepanowski, an attorney, a black belt, philanthropist, Mrs. New York America 2006 and the reigning Mrs. New York International 2009, for this dynamic multimedia seminar that educates all women ("working girl," stay-at-home mom, student or sensational senior) with practical and effective defensive tactics to use in real life situations. Lidia demonstrates how a person does not have to be a Black Belt in order to be able to effectively defend themselves. Women will be taught about the "Safety Ladder," including the "Stiletto Stomp," "Handbag Hurl" and "Brutal Brush," and they receive invaluable information about safety at home, at work, in an automobile, using public transportation, in public places such as restrooms, ATM machines, night clubs, the mall Women are inspired with a keen sense of awareness, assertiveness, and self-assurance!

Morquio Research: Past, Present and Future

2:30 p.m. - 3:45 p.m.

Salon C

Presenters: Dr. Shunji Tomatsu, MD, PhD
Mary Smith

This workshop will include discussion and support to those affected with Morquio Type A and their families. There will be an update on research and clinical program, the status of fund raising efforts and information on raising awareness of this disease. *The Morquio "Meet and Greet" immediately follows this workshop until 6:00 p.m.

Kniest/SED Discussion Group

2:30 p.m. - 3:45 p.m.

Salon A

Facilitator: Roland Wong

Please join us for an interactive discussion relating to Kniest and SED issues. We will discuss medical topics (orthopedic, neurological, eyes and ENT), education (pre-school to college), driving, and any other topics that come to mind! *A social will be held immediately following the workshop until 6:00 p.m.

Career Options

2:30 p.m. - 3:45 p.m.

Salon I

Panel Chair: Jon North

Are you a young adult deciding what career to pursue? Are you looking to change your current career path? Come hear from a panel of LPs who have pursued a variety of occupations. Led by Jon North, who ran the Chicago office of a Wall Street firm, the panel will discuss their personal experience in selecting their profession. The panel will discuss how to think broadly about your career options and strategies for creating your path forward in your selected occupation.

Building Advocacy and Presentation Skills

2:30 p.m. - 3:45 p.m.

Comedians

Presenter: Peggy O'Neill

Enlisting the help of others is called advocacy. The more skill we have expressing our selves with clarity and confidence, sharing our deepest needs in a way that generates collaboration rather than combat, the more we will be able to reel in the support we want and need. The more we can bring these skills to bear while making presentations, the more we'll have an opportunity to gain respect and dignity, as well as influence others. These are foundational skills for success for all Little People and their families! Come join us! Increase your effectiveness in advocating, as well as building your presentation skills with internationally renowned speaker, Peggy O'Neill.

Kinds of Love: How Identity is Formed Within Unusual Families

2:30 p.m. - 3:45 p.m.

Actors

Presenter: Andrew Solomon

In researching his new book, New York Times bestselling author Andrew Solomon has examined how families accommodate children who are very different from them: hearing parents of deaf people, average height parents of LPs, parents of kids with mental or physical illnesses, parents of prodigies, parents of people who commit crimes. In this workshop, Solomon will assess the relationship between categories such as illness and disability with the larger question of identity. He will consider the relationship among these concepts for the LP world.

Global Perspectives on Short Stature

2:30 p.m. - 3:45 p.m.

Salons G & H

Panel Chairs: Jennifer Hubelbank

Amanda Hernandez

Panelists

Shelly Elverum (Arctic Circle)

Wendy Gaviria (Medellin, Colombia)

Teresa Margarida soares dos Santos (Portugal)

Maria Elena Toledo Martinez (Mexico)

Persons with dwarfism around the world have a great deal in common, but their experiences, their opportunities, and how they tend to be treated by others varies from country to country. This workshop offers a unique and exciting opportunity for us to hear about the lives of LPs in other parts of the world.

International "Meet and Greet"

4:30 p.m. – 6:00 p.m.

Salons G & H

Hosts: Jennifer Hubelbank

Amanda Hernandez

Welcome to LPs from over 50 countries. Share your travel experiences and your challenges and accomplishments as an LP with those visiting from around the world.

Diastrophic "Meet and Greet"

4:30 p.m. – 6:00 p.m.

Metrotech (Barty Room)

Share with family and friends with diastrophic dwarfism. Exchange ideas and information that make your life easier.

Morquio "Meet and Greet"

4:30 p.m. – 6:00 p.m.
Salon C

Host: Mary Smith

Share and support members with Morquio's type A and their families and friends. *This Meet and Greet immediately follows the Workshop, "Morquio Research: Past, Present and Future".

OWLS (Seniors) "Meet and Greet"

4:30 p.m. – 6:00 p.m.
Golden Board Room

Hosts: Pattie and Jim Davies

Meet other "Older Wiser Little Seniors," share stories, reminisce of conferences past and discuss your experiences this year in NYC.

Pseudoachondroplasia "Meet and Greet"

4:30 p.m. – 6:00 p.m.
Writers

Host: Julie Rotta

Share with family and friends with pseudoachondroplasia. Exchange ideas and information that make your life easier.

Kniest/SED "Meet and Greet"

4:30 p.m. – 6:00 p.m.
Salon A

Host: Roland Wong

Come network with other with SED and Kniest Syndrome and their families and friends. *This Meet and Greet immediately follows the Kniest/SED Discussion Group.

Wednesday, July 8th

Your Rights Under Disability Laws

9:00 a.m. – 10:15 a.m.
Salon I

Presenter: New York Lawyers for the Public Interest

Do you have questions about your rights under the Americans with Disabilities Act? Representatives from New York Lawyers for the Public Interest — a non-profit civil rights law firm that advocates for social justice for those with disabilities — will provide information regarding your rights under the Americans with Disabilities Act and ways to address possible violations. Come prepared with questions about: accessibility (public transportation, employment, healthcare, housing, businesses), discrimination in the workplace, accommodations in public education.

Driving Issues and Modifications

9:00 a.m. – 10:15 a.m.

Salon C

Presenters: Peter Zarba (AVM Vans)
Carl Surface (AVM Vans)
Robert Van Etten (Adaptive Living)

Your own means of transportation is a key for individuals living and maintaining an independent, active lifestyle. This workshop will explore various elements of owning your vehicle: 1) Determining the accessible vehicle, new or used, appropriate for your needs, 2) spotting signals and the problems to watch for when purchasing an accessible vehicle, 3) practical tips on driving evaluation and licensing, 4) government funding for an accessible vehicle, and 5) dangers and pitfalls of purchasing accessibility products over the internet. Driving positioning (seat cushions, steering wheel, raised floor) and safety considerations (air bags, seatbelts, mirrors) will be examined. And finally, the Three Key Points of living an independent lifestyle will be addressed.

Advocacy in LPA

9:00 a.m. – 10:15 a.m.

Salon H

Presenters: Joe Stramondo
Gary Arnold
Betty Adelson

The word advocacy has many different meanings for all of us who are members of LPA — ranging from calling a teacher about classroom accommodations, to working for changes in ATM height standards, to educating the public through our input in the media, to influencing Washington's policies regarding healthcare coverage and genetic technology. Over the past few years, the Advocacy Committee has expanded its capacity to respond to these issues and more. This workshop will share some recent work of the Advocacy Committee and its plans for the future — including the establishment of Advocacy representative positions in each district — as well as tips on how you can be an advocate in your own community. We welcome discussion and suggestions.

Parents Meeting — Open Forum (Focus on Children Under 12)

9:00 a.m. – 10:15 a.m.

Salon A

Facilitator: Laura Wagonlander

Open discussion group for parents of LPs who are under 12. Come ask questions and offer advice on issues affecting LP children from birth through grade school.

**Reunión con los Padres – Foro Abierto
(Enfoque Sobre Los Niños Menores de 12 años)**

**9:00 a.m. – 10:15 a.m.
Actors**

Facilitadores: Veronica Vivar
 Amanda Hernandez

Discusión abierta para los padres de personas pequeñas con hijos menores de 12 años. Asista, haga preguntas o comparta tus ideas acerca de los problemas que tienen las personas pequeñas desde su nacimiento hasta la escuela elemental.

Alcoholics Anonymous

**9:00 a.m. – 10:15 a.m.
Fulton Ferry**

Clothing Adaptations for Adult LPs

**10:30 a.m. – 12:00 p.m.
Salon G**

Presenter: Thomas Miller

Join us to discuss how to best select and adapt clothing for LP adults. Topics include: choosing styles of garments, where to adjust for best fit, ordering custom clothing, how to give instructions for tailoring and how to "do-it-yourself" on basic items of clothing.

Parents Meeting — Open Forum (Focus on Tweens and Teens)

**10:30 a.m. – 12:00 p.m.
Salon A**

Facilitator: Laura Wagonlander

Open discussion group for parents of LPs who are 12 and over. Come ask questions about and explore successful responses to issues affecting LP children 12 and over, such as the transition to high school, dating, first jobs.

**Reunión con los Padres – Foro Abierto
(Enfoque Sobre Los Niños Mayores de 12 años)**

**10:30 a.m. – 12:00 p.m.
Actors**

Discusión abierta para los padres de personas pequeñas con hijos mayores de 12 años. Asista, haga preguntas sobre los problemas que afectan a las personas pequeñas, como por ejemplo ingreso a la escuela superior/universidad, buscar empleo, relaciones con el sexo opuesto, etc.

Enhancing Athletic Performance Beginning with the Feet

10:30 a.m. – 12:00 p.m.

Comedians

Presenter: Donna Roberston

Learn about lower extremity biomechanics and alignment issues specific to LPs. Discussion will focus on the prevention and treatment of sports specific injuries as well as on how pedorthic management (including foot specific and shoe evaluation and appropriate shoe selection) can improve athletic performance.

Adding to Your Family

10:30 a.m. – 12:00 p.m.

Athletes

Presenters: Darlene Korpai
Laura Wagonlander

Are you the parents of a young child with dwarfism, thinking recently about whether to have another child—or perhaps considering the timing of how soon to consider becoming pregnant or adopting? This workshop offers participants an opportunity to air their own thoughts and feelings about the pros and cons of adding another child to their family, and to benefit from listening to the varied views of others.

Images of Dwarfs in Art – Through the Centuries and Around the World

10:30 a.m. – 12:00 p.m.

Salon H

Presenter: Amanda Cachia

Join professional gallery director and curator Amanda Cachia and view the images she has selected from among several thousand collected and researched by Argentinean orthopedist Dr. Claudio Charosky over the course of several decades. Her discussion of this remarkable collection of images – never before presented in the United States – will illuminate the historical depiction of persons with dwarfism in the visual arts. Cachia will provide an analysis of the similarities and differences in these images from around the world that span thousands of years. These depictions will be connected to the context of historical events and culture of the time.

Creating and Using Adaptive Devices

10:30 a.m. – 12:00 p.m.

Salon I

Presenters: Alex Truesdell
Antoinette LaSorsa

Are you getting all the adaptive equipment you need or want? Do you build your own adaptations? This workshop will explore the amazing things you can do with a good hunch, a few tools, and a sheet of corrugated cardboard. Join Alex Truesdell, Executive Director and Antoinette LaSorsa, Fabrication Director from Adaptive Design Association, Inc. who will examine customized solutions through several activities including a brief demonstration and a film entitled “Among the Giants.” (Adaptive Design Association is the only non-profit organization in NYC that designs and produces customized equipment for children and adults with disabilities.)

Finding the Gift in Your Child's Challenge

10:30 a.m. – 12:00 p.m.

Writers

Presenter: Peggy O'Neill

Sometimes it's difficult to see the positive side to something that brings hardship and limitation. However, let's remember that our greatest power as human beings is to choose. This workshop will help you see that there is more than one way to view "challenges" in life, and that the power of choosing a positive perspective can transform what we take to be a "bummer" into a big fat blessing.

IEPs v. 504s: Getting the Accommodations Your Child Needs

10:30 a.m. – 12:00 p.m.

Salon C

Presenter: Ruth Ricker

Confused about the proper procedure for approaching accommodations at school? Inconsistent answers to questions about whether IEPs or 504s are the appropriate mechanisms? This workshop will address these processes and will also address how to seek redress if you believe your child is not receiving the necessary and optimal accommodations.

MOPDII "Research and Genetics" Luncheon and Workshop

11:30 a.m. – 2:15 p.m.

Salon B

Host: Potentials Foundation

MODPDI research and genetics discussion with Dr. Stephen Doxsey and Dr. Michael Bober hosted by Potentials Foundation. Free for participants in Potentials Foundation; \$25 fee for others.