



## WASHINGTON SEMINAR 2017

Holiday Inn Capitol, Washington DC  
550 C Street, SW  
Washington, DC 20024  
(202) 479-4000

January 29 – February 2, 2017

### AGENDA

#### **SUNDAY, JANUARY 29**

---

9:00 AM – 5:00 PM Parent Leadership Program—PLP  
Senate Room

This seminar, sponsored by the National Organization of Parents of Blind Children (NOPBC), a division of the National Federation of the Blind, empowers parents with the critical leadership skills, advocacy tools, and Federation philosophy they need to build a strong state division of the NOPBC. If you wish to recommend a parent (or yourself) to participate, please contact Carol Castellano prior to the seminar at [carol\\_castellano@verizon.net](mailto:carol_castellano@verizon.net).

3:00 PM – 6:30 PM INTERACTIVE WORKSHOP:  
Many Communicate - Few Connect  
House Room

This seminar will provide you with skills, strategies, and techniques to empower you in becoming an exceptional communicator.

You will gain more self-confidence, independence, and become a more self-sufficient person by using these newly acquired skills.

A great paradox of our digital age is that we seem to be drifting apart. Increasingly, however, research confirms our deepest intuition: human connection lies at the heart of human well-being.

Session 1: Rules of Engagement  
Session 2: Communications Workshop

Each will be 90 minutes separated by a 15-minute break.  
The seminar will be 3:00 p.m. to 6:15 p.m.  
The cost is \$15 for each ninety-minute session or \$20 for both.  
Sponsored by the Potomac Chapter of the National Federation of the Blind of Virginia.

Facilitated by Mary Crane, Esq., creator of the *100 Things You Need To Know* book series, which provides people entering the workforce with crucial information in easy-to-absorb, almost tweetable, chunks. The series currently includes *Starting Work* and *Networking*.

## **MONDAY, JANUARY 30**

---

7:30 AM – 8:30 AM and 10:00 AM – 11:00 AM  
Invigorating Morning Flow Yoga  
House Room

**National Federation of the Blind**

Start your morning off right with the National Federation of the Blind Sports and Recreation Division and WE Fit Wellness as we delve into an invigorating morning flow yoga practice. Whether you are an avid Yogi or someone who has just always wanted to check out a yoga class in a stress-free, judgement-free, and blind-friendly environment, this is the meet up for you. Our invigorating flow practice will set the mood for a powerful week on the Hill. Mats will not be provided so please feel free to bring your own yoga mat or towel from your room. We will conduct two sessions so that there is plenty of space for everyone to participate. You can RSVP to reserve your spot. Contact Jessica Beecham at [jessica@wefitwellness.com](mailto:jessica@wefitwellness.com) or call (615) 497-0435. Remaining spots will be filled on a first come, first serve basis. Namaste!

7:45 AM – 1:00 PM National Center Tour  
Lobby

Bus will load at 7:45 a.m. and will depart at 8:00 a.m. sharp. Tours of the National Center will begin at 9:30 a.m. and buses will leave the National Center for the return to the Holiday Inn Capitol-Washington at noon.

### Health and Wellness Survey Table

The National Federation of the Blind Jernigan Institute is partnering with the Sports and Recreation Division and WE Fit Wellness to conduct research regarding the barriers to exercise, nutrition, and access to medical equipment and services faced by individuals who are blind and low-vision. Amber Sherrard will be the principal investigator. She and her research team will have a table set up in the lobby near the 21st Amendment that will be attended from 8 a.m. to 4 p.m. on Monday and Tuesday and from 8 a.m. to 12 p.m. on Wednesday. Please stop by to complete a short survey. This survey will take less than twenty minutes to complete. Participants will have the opportunity to be entered for a chance to win a \$25 gift card. Four winners will be chosen. For more information, please contact Jessica Beecham at [jessica@wefitwellness.com](mailto:jessica@wefitwellness.com) or call (615) 497-0435.

**National Federation of the Blind**

## Health and Wellness Focus Groups

In order to better understand the barriers to exercise, nutrition, and access to medical equipment and services faced by blind people, we will be conducting focus groups. We are recruiting six to ten participants for each focus group session listed below. Focus groups will be held:

Monday – House Room

8:30 a.m. – 10:00 a.m.

11:00 a.m. – 12:30 a.m.

Tuesday – House Room

6:30 a.m. – 8:00 a.m.

9:00 a.m. – 10:30 a.m.

1:00 p.m. – 2:30 p.m.

3:00 p.m. – 4:30 p.m.

If you are interested in participating in one of the above focus group sessions please email Jessica Beecham at [jessica@wefitwellness.com](mailto:jessica@wefitwellness.com) or call (615) 497-0435. If we do not have at least six participants in a group, we will not have the session so please RSVP if you are willing and able to participate.

9:00 AM – 4:00 PM Parent Leadership Program – PLP  
Senate Room

This seminar, sponsored by the National Organization of Parents of Blind Children (NOPBC), a division of the National Federation of the Blind, empowers parents with the critical leadership skills, advocacy tools, and Federation philosophy they need to build a strong state division of the NOPBC. If you wish to recommend a parent (or yourself) to participate, please contact Carol Castellano prior to the seminar at [carol\\_castellano@verizon.net](mailto:carol_castellano@verizon.net).

**National Federation of the Blind**

9:00 AM – 10:00 AM      National Association of Blind Students  
Winter Student Seminar Registration (\$5.00)  
Capitol Ballroom Foyer

10:00 AM – 1:00 PM      National Association of Blind Students  
Winter Student Seminar  
Capitol Ballroom

Attention students, teachers, and young professionals: Join the National Association of Blind Students (NABS), a proud division of the National Federation of the Blind, for our annual Winter Seminar to learn about the current work of our movement; benefit from informative presentations on topics including internships, study abroad, transitioning, recreational activities, and scholarships; and participate in discussions on issues ranging from technology to self-advocacy in the classroom. Registration is \$5.00 at the door. Please take advantage of our online registration by visiting [nabslink.org](http://nabslink.org) prior to January 30, 2017 to preregister!

If you have any questions or require further information, please contact NABS President Kathryn Webster at (203) 273-8463 or via email at [nabs.president@gmail.com](mailto:nabs.president@gmail.com).

10:00 AM – 2:00 PM      NFB DC Fourth Annual Career Fair at  
2017 Washington Seminar  
Congressional II Ballroom

Join us for the chance to meet employers, including federal agencies, which will be here to speak with you about job opportunities. For those interested in becoming entrepreneurs, we also have organizations that will provide information and resources.

For more information, please contact Janice Forbes at [j.forbes@nfbofdc.org](mailto:j.forbes@nfbofdc.org).

**National Federation of the Blind**

1:00 PM – 3:00 PM National Association of Blind Merchants:  
Changes in DC, Changes for Blind Entrepreneurs  
Congressional I Ballroom

We will be discussing breaking out into the private sector, an exciting initiative for blind entrepreneurs. We will also be discussing what changes in DC will be affecting blind entrepreneurs with rest areas and Department of Defense locations and what our next steps will be. We will also be discussing BLAST in Nashville, September 12, 2017 to September 15, 2017, and how blind entrepreneurs can participate and be excited about new opportunities.

(Room #275 is open 1:00 p.m. – 4:30 p.m.)

2:00 PM – 4:00 PM Legislative Seminar  
Capitol Ballroom

Whether you are a Washington Seminar veteran or an enthusiastic rookie, we urge you to attend this seminar. The Government Affairs team of the National Federation of the Blind Jernigan Institute will provide essential information about this year's issues on Capitol Hill. We will also engage in role-playing, giving participants an opportunity to present our positions just as they will on Capitol Hill while we offer constructive feedback and dialogue. Experienced Washington Seminar attendees will share their methods for effective advocacy on Capitol Hill. The fact sheets are available to download online at <https://nfb.org/washington-seminar>. Please review them carefully and come prepared with questions. If you are struggling with a concept in the fact sheets, you are probably not alone. The goal of this seminar is to engage in informative and interactive dialogue that prepares you to discuss the nuances of all of the issues with your members of Congress. Attending this seminar, as well as spending plenty of time thoroughly studying the fact sheets, is the best way to prepare for our critical work during the First Session of the 115th Congress. Please join us for an informative discussion of this year's Washington Seminar issues.

**National Federation of the Blind**

5:00 PM – 7:00 PM Great Gathering-In  
Capitol Ballroom  
Congressional II Ballroom is the overflow room

8:00 PM. – 12:00 AM Annual NABS Café  
Congressional Ballroom

What are you doing after the Great Gathering-In? Come on out to have mouth-watering desserts, see old friends, and make some new ones, while supporting your NFB students' division! Enjoy great music from our DJ, taking full advantage of the song requests and dedications, while socializing and bidding on exciting items in our annual auction. There will be a cash bar as well as delectable desserts such as cheesecakes, pastries, and chocolate mousse available throughout the evening. Come early to get a good seat and to check out all of the awesome auction items before they go up for bidding. Tickets are \$5.00 in advance or \$7.00 at the door. To pre-order, please see any member of the NABS Board any time before 7:30 p.m. on January 30 or a member of the NABS Fundraising Committee.

Please contact NABS President Kathryn Webster at (203) 273-8463 or [nabs.president@gmail.com](mailto:nabs.president@gmail.com) or NABS Treasurer Luke Schwinck at [luke.schwinck@hotmail.com](mailto:luke.schwinck@hotmail.com) with any questions or for further information.

## **TUESDAY, JANUARY 31**

---

(Room #275 is open 7:00 a.m. – 7:30 p.m.)

12:00 PM – 1:00 PM #DontDenyAimHigh: Rally to Fight for Equal Access In the Classroom  
Upper Senate Park (North of Constitution Avenue, between Delaware Avenue and New Jersey Avenue)

Only steps from the U.S. Senate office buildings and the U.S. Capitol building, join fellow Federationists in a rally to urge Congress to swiftly

**National Federation of the Blind**

pass the Accessible Instructional Materials in Higher Education Act. Federation leaders will gather to call on our elected representatives to level the technological playing field for blind students at institutions of higher education nationwide. In case of inclement weather or unforeseen delays, the indoor location for the rally will be at the Holiday Inn Capitol.

5:00 PM – 7:00 PM Congressional Reception  
Dirksen G50

Mingle with legislators, Congressional staff, and fellow Federationists while enjoying refreshments and discussing our 2017 legislative priorities for the First Session of the 115th Congress.

## **WEDNESDAY, FEBRUARY 1**

---

(Room #275 is open 7:00 a.m. – 5:45 p.m. and for one hour following the evening briefing)

4:00 PM – 5:30 PM Screening of *Bottom Dollars*,  
a Rooted in Rights original documentary  
Capitol Ballroom

Nearly 250,000 people are legally paid less than the minimum wage, on average, less than \$2 an hour. *Bottom Dollars*, a Rooted in Rights original documentary, exposes the exploitation of people with disabilities through personal stories and interviews with experts, including Mark Riccobono, President of the National Federation of the Blind.

Join your Federation family for this first screening before a national audience followed by a discussion of the unfair, immoral, and discriminatory practice of paying subminimum wages to disabled workers.

Immediately following, panel members John Paré and Shawn Callaway will engage in a discussion of the documentary.

**National Federation of the Blind**



6:00 PM Reviewing Our Day on the Hill  
Capitol Ballroom

A meeting with John Paré, Parnell Diggs, Gabe Cazares, and Kimie Beverly.

## **THURSDAY, FEBRUARY 2**

---

(Room #275 is open 7:00 a.m. – 4:30 p.m.)

**National Federation of the Blind**

**Mark Riccobono, *President*** | 200 East Wells Street at Jernigan Place Baltimore, MD 21230 | 410 659 9314 | [www.nfb.org](http://www.nfb.org)