National Federation of the Blind Oklahoma

2024 State Convention

April 4-6, 2024

Holiday Inn Airport

Oklahoma City, Oklahoma

# “Let’s get active!”

There are many ways to be active. Whether it’s being an active member of the National Federation of the Blind, being active in our political process through advocacy or being physically active, the NFB Oklahoma State Convention will be an action packed weekend of exploring all the ways blind people stay active and live the lives they want.

# NFB Pledge

I pledge to participate actively in the effort of the National Federation of the Blind to achieve equality, opportunity, and security for the blind; to support the policies and programs of the Federation; and to abide by its constitution.

# Code of Conduct

The National Federation of the Blind’s Code of Conduct outlines the policies and standards that we have established for the community of individuals who come together in our organized blind movement. To read the Code of Conduct and to report violations, please visit <http://nfb.org/code-of-conduct/> .

# Special Guests

We welcome Ron Brown, Second Vice President of the National Federation of the Blind and President of the National Federation of the Blind of Indiana as our national representative. Ron has been an advocate for blind people for over 25 years. He is a business owner in the Business Enterprise Program. Recently Ron returned to school and earned a master's degree in educational psychology with a certification in Orientation and Mobility from Louisiana Tech University. He now owns a second business, teaching cane travel to blind people in the state of Indiana. Ron will be joined by his wife, Jean, who has been a professional model, business owner and published author. Both Ron and Jean are strong leaders in the Federation and passionate advocates for blind people. You won’t want to miss the opportunity to get to know these incredible leaders.

# Thursday April 4, 2024

6:00 - Registration Packet Pick Up located in the Meeting Room Foyer.

7:00 - Welcome Reception

Meeting Room A/B

Informal gathering to mix and mingle with cash bar and an assortment of complimentary appetizers.

8:00-9:00 Rookie Roundup

Meeting Room A/B

Whether you’re a first timer to a NFB convention or a seasoned veteran, join in the fun as we welcome everyone and get geared up for a great convention weekend. Get an overview of what to expect and get all your burning questions about the convention answered. Sponsored by NFB Newsline Oklahoma.

# Friday, April 5, 2024

8:00 Registration Packet Pick Up located in meeting room Foyer.

9:00-12:00 General Session 1, Meeting room A/B

9:00 Welcome - Audrey T. Farnum, President, National Federation of the Blind of Oklahoma

9:20 National Report, Ron Brown, Second Vice President, National Federation of the Blind. President, NFB of Indiana

10:00 Oklahoma ABLE Tech

Allyson Robinson, **M.A. CCC-SLP,** Director of Accessibility Programs, Department of Wellness Sponsored Programs, Oklahoma State University

10:20 NFB Newsline Demonstration

10:40 The Benefits of an Oklahoma STABLE Account

Ellyn Hefner, Oklahoma STABLE

11:00 Where the Blind Work Panel discussion featuring blind people in a variety of fields.

Moderator, Ron Brown, Second Vice President, National Federation of the Blind

12:00 Lunch

12:00-1:45 Exhibit Hall and Auction Preview

Meeting Room C

Please stop by and visit our vendors. You can also check out our great auction items and start bidding. The top bids on paper will become the starting bid for the live auction Saturday afternoon. The proceeds will benefit the programs and initiatives of NFB Oklahoma.

2:00 -5:00 General Session 2

2:00 Update from Services for the Blind and Visually Impaired

Tracy Brigham, LPC, Division Administrator, Services for the Blind and Visually Impaired

2:20 What's New at the Oklahoma Library for the Blind

Kaitlyn Evans, Public Information Officer, Oklahoma Library for the Blind and Physically Handicapped

2:40 All About the BEP Program

Christopher Brannaman, BEP Operations Coordinator, Services for the Blind and Visually Impaired

3:00 NFB 101

Moderator: Ron Brown, Second Vice President, National Federation of the Blind

An interactive discussion about the National Federation of the Blind. What is it? Why are we members? What's in it for me? What is this philosophy I'm always hearing about? Bring all your questions for this open and honest discussion about what it means to be a Federationist.

4:00 Intro to Movement and Stretching

Amy Thiessen, PT, M. Ed., Ph. D., NCS, Clinical Assistant Professor, Doctor of Physical Therapy, Oklahoma City University

An interactive discussion and demonstration of simple stretches and light exercises you can do at home to promote better balance and flexibility. Being more active doesn't have to be hard. If you've ever thought about starting with an easy lifestyle change to become more active, this session will give you great tips to get yourself moving.

6:00-9:00 Exhibit Hall and auction preview

Meeting Room C

7:00 Intro to Pilates

Meeting Room A/B

Dia Best, Absolute Balance Pilates

Join this fun beginner Pilates class with a certified instructor who has lots of experience teaching blind participants. No experience necessary. Even if you don’t know what Pilates is, you can come try it out and see if it’s right for you.

8:00 Social activity TBD

Meeting Room A/B

# Saturday, April 6, 2024

9:00-12:00 General Session 3

Meeting Room A/B

9:00 - Call to Order

9:10 –Inclusive Fitness with Santa Fe Family Life Center

Matt Bond, Executive Director

Learn about this unique fitness facility in Oklahoma City where adaptive sports come first. Representatives will share information about the facility and programs where everyone has a place to reach their fitness goals.

9:30 Put Me in Coach, Blind people are ready to play.

A panel of blind athletes who share their experiences with adaptive sports.

10:30 Legislative Update

Leah Campbell, First Vice President and Legislative Director, National Federation of the Blind of Oklahoma

Learn about the legislative priorities of the National Federation of the Blind and hear a summary of NFB Oklahoma's efforts during the 2024 Washington Seminar.

10:50-12:00 Business meeting

10:50 Meet the Board

11:00 - President's Report

Audrey T. Farnum, President, NFB Oklahoma

11:20 Treasurer's Report

Glenda Farnum, Treasurer, NFB Oklahoma.

11:30 PAC Plan Report

Glenda Farnum, Treasurer, NFB Oklahoma

11:40 Elections

11:50 Chapter Report

At Large Chapter, Audrey T. Farnum

11:55 Oklahoma Association of Blind Merchants

Jeffrey Penick, President, OABM

12:00 - Lunch

12:00-1:45 Exhibit Hall and Auction Bidding

Meeting Room C

1:45 Auction Bidding Ends

2:00-5:00 General Session 4

Meeting Room A/B

2:00 Find Your Way: How Blind People Navigate the World

Moderator, Ron Brown, NOMC

A panel discussion regarding all aspects of getting around. Panelists will share their tips and advice as well as discuss their preferred tools for independent travel.

3:00 How Does This Crazy Thing Work? A Technology Discussion

We share our favorite tips, tricks and apps plus discuss strategies to problem solve your way through tech struggles. If you have questions, we’ll have answers.

4:00 Live Auction

Auctioneer, Kenny Blair.

This is your chance to get in a bidding war over all our great auction items. All proceeds help fund the programs and initiatives of NFB Oklahoma.

5:00 Adjourn

6:00 Pre-Banquet Reception

7:00 Banquet Dinner

Meeting Room A/B

Keynote address by Ron Brown, Second Vice President, National Federation of the Blind.

# Stay in Touch

Thanks For coming to convention! For follow-up questions and to get involved, please contact us at 405-445-0610 or info@nfbok.org .

# Sponsors

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