# 2024 St. Louis Day at a Glance

## Wednesday, July 3rd

### 11:00 AM – 4:30 PM

**Welcome to St. Louis - Let's Go! (Registration Opens)**

### 1:30 PM – 2:45 PM

- Let's Break the Ice (Ernst)*
- Young Adult Icebreaker (YA Committee)
- Parents: Welcome (Nover/Onofri)
- Teens: Icebreaker (TAC)

### 3:00 PM – 4:15 PM

- Open Microphone Kickoff (Lovett)*
- First Timer Welcome (First Timer Team)
- Building Bridges: Helping SLPs Becoming More Confident (Margulis)*
- Parents: Opening Roundtable (Nover/Deitchman)
- Teens: Stuttering in the Small Stuff (G. Reinstein)

### 4:30 PM – 5:30 PM

**Conference Kickoff: You've officially arrived, so let's get this party started!**

### Evening Events

- 8:00 PM-9:30 PM BINGO / 7:00 PM-9:00 PM TROLLEY / 7:30 PM-10:30 PM SOCCER

## Thursday, July 4th

### Sluttering Sober: Daily Check-in for the Sober and Sober-Curious

**8:00 AM-9:45 AM**

- Adult/Family Chapter Leader Breakfast

### 8:00 AM - 5:00 PM Conference Registration, NSA Store, and Silent Auction Open

### 9:00 AM – 10:15 AM

- NSA Stories (Series 3: Dr. Sandra Russell-Smith, Jim McClure, Matt Maxion)*
- Genetic Discoveries and Other Health Conditions (Kraft)*
- The Importance of Staying Connected (Older Adults)
- Body Mobility for Relaxation and Stress Reduction (Fogel)
- What You Can Learn From Journaling Your Stuttering Journey (Mahlmann)
- *The Postsecondary Educational Experiences of SLPs Who Stutter (Panel)
- Open Mic (Minton)
- Teens: Just for Guys (Russell Stevens)
- Kids/Tweens: Fun and Games with the NSA (Koprowski)
- Teens: Just for Girls (Mowery)

### NOON – 1:30 PM

- Explore the various dining options right outside our back door! Whether you’re craving hamburgers, chicken fingers, sandwiches, or tacos from the Taco Truck, or prefer a sit-down meal at the Sports Bar, St. Louis Union Station Hotel has something for everyone.

### 1:30 PM – 2:45 PM

- Own Your Story! Healing the Wounds of Stuttering (Mendoza)
- Why Do We Hide? Exploring Covert Stuttering (Jared, Adams, Malcove)
- Empowering Communication Through Debates: How to Defend Your Hot Takes (Franchini)*
- Learning ‘Rizziliance’ with a Stutter (Webb & Joyce)
- Teens: Supporting Stuttering Can Be Your Superpower: A Tutorial (Root)
- Kids/Tweens: Sluttering Jeopardy (Haug)
- Teens: Sluttering Jeopardy (Haug)
- Teens: College Applications & Admission as a PWS (Kaczynski)

### 3:00 PM – 4:15 PM

- The Language We Use (Malone)*
- First Timer Open Mic (Lynn)
- Strategies for Successfully Navigating Job-Related Challenges (Dew)*
- Shuttering in Literature & Media: The Good & The Ugly (Jordan)
- Taking Up Space: Women Who Stutter (Mertz, Aoyoshi, Akoka)
- Teens: College Applications & Admission as a PWS (Kaczynski)
- Kids/Tweens and their Parents: NSA Family Olympics (Kaczynski, Kaczynski)

### Evening Events

- OLDER ADULTS HAPPY HOUR 5:00 PM - 6:30 PM
- SLP HAPPY HOUR 5:00 PM - 6:30 PM
- STUTTER SLAM 10:00 PM - 11:59 PM
- Stuttering in the Military Hotel Lobby Bar 5:00 PM - 6:30 PM

**Teens: Outing - Food trucks, Ice Cream Shoppe, etc.**
### Friday, July 5th

**Stuttering Sober: Daily Check-in for the Sober and Sober-Curious**

<table>
<thead>
<tr>
<th>SUNRISE YOGA (Mowery)</th>
<th>8:30 AM - 5:00 PM Conference Registration, NSA Store, and Silent Auction Open (TBD)</th>
<th>8:30 AM First Timer Check-In</th>
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<tbody>
<tr>
<td><strong>9:00 AM – 10:15 AM</strong></td>
<td>No One is Perfect (Anderson/Cort)</td>
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<td>Cluttering Assessment, Therapy Considerations, and a Case Review (Krause)*</td>
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<td>They Hear Our Voices - For Parents Who Stutter (Koprowski)*</td>
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<td>“Stuttering Variability: What We Know, What We Don’t Know, and What We Can Do About It” (Torres)</td>
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<td>Open Mic (J. Williams)</td>
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<td>Your Right to Reasonable Accommodations (North)</td>
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<td>Personal &amp; Professional Compromise We Make As PWS (Fyer, Pohl)</td>
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<td>Parents: A Chance to Connect - Drop-In (Delitchman/Kaczmarz)</td>
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<td>Kids/Tweens: Stuttering Snowball (Nover Family)</td>
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<td>Teens: Stuttering, School &amp; Extracurriculars (Bereinsel, Fonseca, Uranz, Helliland)</td>
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**NOON – 1:30 PM**

*NSA Storytellers Series (Denise Deitchman, Adam Kan, Cameron Joyce, Ezra Horak)*

**1:30 PM – 2:45 PM**

- Speaking on the Spot (Fraen/Alpuche)
- Unlocking the Secret World of Men Who Stutter (Phyns/Kowen)
- Acceptance and Commitment Therapy for Stuttering (Wade)*
- How We Listen (Smith)

**3:00 PM – 4:15 PM**

- Stuttering While Black 2.0: Pushing to Purpose (McLeod)
- Stuttering and Humor (Phyns)
- Covert Open Mic (need host)
- Sr. L-Listen to Me! Increasing Accessibility of Voice-Activated Technology (Bin/Phyns)*
- Younger Adults and Older Adults Bridging the Generation Gap (Phyns)

**Evening Events**

- Riverboat Cruise 6:30 PM - 8:30 PM
- Karaoke 9:00 PM - 12:00 AM
- PAROIS HAPPY HOUR Hotel Lobby Bar 4:30 PM - 6:00 PM

**Saturday, July 6th**

**Stuttering Sober: Daily Check-in for the Sober and Sober-Curious**

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<thead>
<tr>
<th>SUNRISE YOGA (Mowery)</th>
<th>8:00 AM - 4:00 PM Conference Registration, NSA Store, and Silent Auction Open</th>
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<tbody>
<tr>
<td><strong>9:00 AM – 10:15 AM</strong></td>
<td>The Look - Overcoming Shame and Grief (Gavriel)*</td>
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<td>Finding the Right SLP (Stevens/Alpuche)*</td>
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<td>How To Find Your Person: Foundations for Romantic Relationships (Coffee/Panel)</td>
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<td>Open Microphone (need host)</td>
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<td>Empowering SLP: Building Cultural Proficiency for Inclusive Patient Care (Madrid)*</td>
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<td>Stuttering at Work (Masichnica &amp; Joyce)</td>
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<td>Parents: A Chance to Connect - Drop-In (Delitchman/Kaczmarz)</td>
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<td>Kids/Tweens: Creative Corner (Delitchman/Kaczmarz)*</td>
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<td>Kids/Tweens: Who Stutter: This is Me (Ross/Ind withstand)*</td>
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<td>Teens: After the Conference (Holmes)</td>
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**11:45 AM – 1:15 PM**

*Explores the various dining options right outside our back door! Whether you're craving hamburgers, chicken fingers, sandwiches, or tacos from the Taco Truck, or prefer a all-down meal at the Sparta Bar, St. Louis Union Station Hotel has something for everyone.

**12:45 PM**

**LAST CHANCE TO PUT YOUR BID IN - SILENT AUCTION CLOSES**

**3:15 PM – 4:00 PM**

- BPOC 3.0 (Lambert/Panel)
- First Timer Closing Open Mic (Ols)
- General Closing Open Mic
- Young Adults Closing Mic: The floor & Yours
- The Power and Importance of Counseling and Connecting (Panico)*
- Parents: Closing Roundtable (Nover/Delitchman)
- Kids: Closing (Webb)
- Teens: Closing (Rouk)
- Teens: Closing (EAC)

**6:45 PM – Midnight**

Grab your friends, old and new, and get ready to dance the night away! - 6:45 PM Cocktails in the Foyer, Doors open at 7:00 PM. Ticket will be required for the entirety of this event.

*Asterisk = CEU-eligible*