



PROGRAM

🗯 Autism Society

San Francisco Bav Are

Welcome to the 10th Annual Adult Autism/DD Conference!

Dear friends,

Thank you for joining us today! We hope you can take the time to meet many people — parents, providers, professionals, and more — who can help you navigate the complicated and difficult field of planning and supports with adults with autism and related developmental disabilities. There are many opportunities for connection via the Resource Fair and the classroom sessions.

8:30am-4:00pmAll-Day Resource Fair in Berg Hall9:00am-11:50am3 Morning Sessions: 9, 10, 11am12:00pm-1:00pmLunch Break (grab lunch 2d floor; seating available in classrooms and deck)1:00pm-3:50pm3 Afternoon Sessions: 1, 2, 3pm

If your preferred breakout sessions are full:

Stanford Autism Center

at Packard Children's Hospital

Please go to your Plan B (<u>note that first floor rooms are largest</u>). We regret that sessions may fill up, but note that many of our speakers are <u>presenting twice</u>—and many speakers address similar topics. In addition, many sessions will be videotaped so you can watch them later on SFASA's YouTube.

"There are so many sessions I want to attend but can't, I hate to miss them!"

We are blessed by a terrific menu of sessions. Please keep in mind that by design there is much redundancy among the presentations. Depending on your needs, we recommend a smorgasbord approach: for example, pick one session each on health, regional center services (eg, self determination), housing, legal planning, and financial planning/benefits. We also strongly recommend you spend <u>at least an hour</u> visiting the vendors at the Resource Fair. Many of the classroom presentations will be offered in video form after the event, so you will have a second chance to see them — but not a second chance to interact at the fair.

We thank our generous **sponsors**; our **speakers** who are sharing their wisdom and experience; our **vendors** for connecting with you in the Resource Fair; the talented **artists** with autism who helped create our logo and provided art in our slideshow; our **volunteers**; and the **staff** at LKS.

On behalf of the Conference Committee and everyone at SFASA and Stanford Autism Center, we hope you enjoy your day and find knowledge and connections to help enrich the lives of your loved ones.

Jill Escher and Antonio Hardan, MD Conference co-chairs

Helpful Information

How do I access Stanford Visitor wifi?

- 1. Select the SSID Stanford Visitor from your device's list of available wireless networks.
- 2. Open a browser and load any URL; you will be redirected to an access page (on a mobile phone, the access page should open automatically).
- 3. Click Accept to acknowledge the terms of use. Your browser will be sent to a confirmation page.

How do I get between floors?

We recommend the stairs in front, or the stairwell behind the bathroom area. Elevator also available.

Where are the bathrooms?

There are bathrooms on floors 1, 2 and 3. Please proceed past the elevator and look to the left. Toilets are on a special low-water system that can cause problems with a large crowd. We will have Facilities staff onhand. Please use Floor 1 and 3 bathrooms if possible.

What is the SFASA YouTube for watching videos after the conference?

https://www.youtube.com/@sfautismsociety6320

How can I give feedback about the conference?

We will circulate a survey via email after the event, and/or you can email us at info@sfautismsociety.org.

What is the conference Code of Conduct?

Autism Society San Francisco Bay Area and Stanford Autism Center are dedicated to providing a peaceful and harassment-free conference for everyone. Please ensure your interactions make other attendees feel safe, respected and valued in an environment focused on learning and networking. If a participant is creating a situation that is disruptive or not conducive to learning, we reserve the right to ask that person to exit the conference.

Disclaimer

As a service to the community, Autism Society San Francisco Bay Area and Stanford Autism Center provide information via this conference and related materials, but this information does not constitute medical or legal advice. None of the information provided in the conference or conference-related materials are recommendations, referrals or endorsements of any resource, therapeutic method, or service provider. Inclusion of any individual or organization does not imply endorsement, and omission does not imply disapproval.

Did You Know? The Adult Autism/DD Conference Is in Its 10th Year!



LK 101/102 (first floor)

9am David Traver, MD Addressing Medical and Health-Related Issues in Adults with Autism

Adults with autism may suffer from both basic and specialized health conditions, including gastrointestinal, nutritional, biochemical, metabolic and immune issues. Not all practitioners may be aware of these issues. This session will help parents and caregivers of those who may not otherwise be able to communicate their health needs.

https://www.dptmd.com

10am Inge Henderson, SLP, The Speech Tree Tips and Tools for Oral Care, at Home and in the Chair

Oral care for people with autism/DD can be a challenge. A special approach and alternative tools can improve collaboration of all parties involved. Parents, caregivers and professionals can work together to support sensory regulation, communication and information processing as well as establishing effective routines for better oral health.

https://www.speechtree.net

11am Janani Venugopalakrishnan, MD, Stanford Medical Center

Case Examples of Neuropsychiatric Presentations in ASD: What Parents Need to Watch For And introduction and discussion, using case examples, of varying neuropsychiatric presentations in autism

including overlap with several neurological disorders.

1pm John Hegarty, PhD and Thuc-Quyen Nguyen, MD, Stanford Medical Center Research Updates on the Use of Transcranial Magnetic Stimulation (TMS) and N-Acetylcysteine (NAC) for Targeting Core Symptoms and Co-occurring Conditions in ASD

An update on the research for uses of TMS and NAC in autism spectrum disorders including active research studies.

2pm Anna Wang, Friends of Children with Special Needs

Creating Special Needs Housing with a Family Partnership LLC

In 2006, Peralta Dream LLC embarked on a groundbreaking journey by becoming the first to successfully implement the Family Partnership LLC in creating housing for individuals with special needs. For the past 17 years, this visionary endeavor has not only delivered happiness to our loved ones but also provided peace of mind to their families. Now in 2023, how has this model evolved? Come explore the possibilities with us. https://www.fcsn1996.org

3pm Susan Riggle, Living Unlimited

The Ultimate DIY: Creating Housing and Community for Our Disabled Children

What do you do when you want something done? You do it yourself. Our presentation describes how some parents are taking the reins and creating housing and community for their children who are unable to live independently. We will describe our history, our housing concepts, what we've learned along the way, how we've adapted, how we are attempting to expand this opportunity and what the future holds. <u>https://www.living-unlimited.org</u>

LK 120 (first floor)

9am, repeats at 10am Stephen Dale, Attorney A Person-Centered Approach to Special Needs Trusts

A Person-Centered Approach to Special Needs Trusts

How the special needs trust (SNT) can give beneficiaries a voice through use of tools such as advisory committees, distribution plans and trust protectors. Supported decisionmaking will also be addressed. <u>https://dalelawfirm.com</u>

11am, repeats at 1pm Lorna Drope, Attorney

Protecting Loved Ones with Disabilities through Conservatorship, Supported Decisionmaking and Other Alternatives

Discussion will cover the types of conservatorships in California, the process for establishing a conservatorship, and the alternatives to conservatorship, including supported decisionmaking; the benefits of conservatorship and how to determine if it is appropriate for your loved one. <u>https://SpecialNeedsLawGroup.com</u>

2pm, repeats at 3pm Sarah Fairchild, Parent; Fran Goodwin, Parent; Doug Pascover, Imagine Supported Living Services; Joe Shimpfky and Raul Rekow, Jr., Santa Cruz SLS Supported Living Services (SLS): An Insider's Guide

SLS consists of a range of services for adults with developmental disabilities who, through the Individual Program Plan (IPP) process, choose to live in homes or apartments they themselves own, rent or lease in the community. SLS is designed to foster individuals' relationships, full membership in the community, and an opportunity to work toward long-range personal goals. Discussion will include experiences of individuals who have supported adults in transitioning to SLS, and the personal and practical challenges associated with expanding the circle of support providers for an adult who lives outside the home.

LK 130 (first floor)

9am Mark Jackson, Consultant

Regional Center Services: Understanding the New California Vendor Rate Model

California has a long history of muddled rate structures for service providers. In March 2022, the state legislature adopted a new rate model to set reimbursement levels for service vendors based on a 3-year study by Burns and Associates (2019). The presentation will focus on: (1) an overview of the DDS funding mechanism, (2) IPP importance, (3) the rate setting process, (4) detailed examples of how rates are set for some main DDS services such as residential living supports and day programs, (5) ongoing issues for advocacy and (6) how families can support vendors in maximizing funding for services. Mark is a co-founder of Sweetwater Spectrum in Sonoma.

10am, repeats at 11am Alex Gillaspie, NeuroNav

Live the Life You Want: Demystifying the California Self-Determination Program (SDP)

Are you curious about how to take control of your life and choices when it comes to your support services? We will demystify essential steps required to enter the SDP, followed by Q&A. We're here to provide clarity and guidance and help you learn how to live the life you want through the Self-Determination Program. https://neuronav.org/

1pm Evan Gilliland, San Andreas Regional Center Self Determination and SARC - An Introduction

The Self-Determination Program is an alternative way for the Regional Center to pay for services that are chosen by the individual and may be good option for individuals who would like more flexibility regarding the services they are receiving or who may want a different experience than those offered via traditional SARC services. In SDP, the participant is given more control over how their allocated money is spent at the cost of additional responsibility for the individual and their support systems. The participant may use agencies that are vendors of the RC, as well as agencies or persons who are not RC vendors. The flexibility of choosing services offers more opportunity for the individual to live their lives as they determine.

https://www.sanandreasregional.org/clients/self-determination-program/

2pm Valerie Montague, Attorney

Self Determination Program Pros and Cons

Valerie is an attorney-advocate, Independent Facilitator and parent. She navigated the system which lead to her son being the first GGRC consumer to successfully switch from the traditional model to Self-Determination. Valerie will discuss fantastic opportunities and major pitfalls they experienced firsthand. She will help you understand the underlying policies, stakeholders and pieces of this developing puzzle so your family member can live a self-determined life.

3pm Myra Galt, Galt Advocacy

California State Benefits and Resources for Developmentally Disabled Adults

Do you want to maximize the public benefits to which your disabled child is entitled? This is the session for you. And overview of benefits and resources available for developmentally disabled adults with a focus on Regional Center, IHSS, SSI and transitioning to adulthood.

https://www.galtadvocacy.com/

LK 203/204 (second floor)

9am, repeats at 10am Sharmean Heffernan and Felicia Lehner, Life Services Alternatives Creating New Homes for Adults with Intellectual and Developmental Disabilities

LSA is a provider of licensed group homes for adults with various levels of I/DD. This presentation will share LSA's business model, the different levels of licensed residential homes for I/DD, staffing issues, and what it takes to open a home.

https://www.lsahomes.org/

11am, repeats at 1pm Jennifer Wagstaff Hinton and Leslie Nordin, The Big Wave Housing Project The Big Wave Housing Project — How a Group of Determined Parents Developed an Innovative Model to Build Housing and Community for Adults with ID/D

Big Wave was started 20 years ago by parents worried about their children's future. As they watched their kids' Special Olympics basketball team play, they noticed how each member of the team benefited - and thrived - from their interactions and how athletes of different abilities pitched in to help others on the team. This sense of inclusion and community led to the formation of Big Wave Group, a nonprofit dedicated to building lifelong housing and a place to belong for adults with I/DD. Its mission is to enable social interaction, community engagement and personal development based on individual needs. The parent group has spent years working to make the Big Wave project a reality for 40 future residents in beautiful Half Moon Bay. https://www.bigwaveproject.org

2pm, repeats at 3pm Monica & Jerry Montgomery, Golden State Residential Adult Program All About the Family Home Agency

Golden State Residential Adult Program (GSRAP) is a Family Home Agency (FHA). An FHA is an alternative residential option for Regional Center adults ages 18+. GSRAP matches individuals with a trained family in the community. Some liken it to foster care, but the consumers live with a family and are recognized as full adults, receiving as much support and or privacy as desired. The FHA has a maximum of two consumers per home, each with a private bedroom. In addition to three daily meals and snacks, the home provides ancillary supports including assistance with medications, setting up and attending health appointments, and advocacy for consumers. Consumers can be part of a family and also appreciate independence as adults. <u>https://gsrap.org</u>

3:00-3:50pm Su Session 6 Unl Cre Con	2:00-2:50pm An Session 5 Chi Hot Par	1:00-1:50pm Joh Session 4 Thu Sta on for and in /	12:00-1:00pm Gra Lunch	11:00-11:50am Jar Session 3 MD Sta Nei Pre Par	10:00-10:50am Ing Session 2 Ho Ho	9:00-9:50am Da Session 1 Add Hea Add		Resource Fair
Susan Riggle, Living Unlimited - The Ultimate DIY - Creating Housing and Community for Our Disabled Children	Anna Wang , Friends of Children with Special Needs - Creating Special Needs Housing with a Family Partnership LLC	John Hegarty, PhD and Thuc-Quyen Nguyen, MD, Stanford Research Updates on the Use of TMS and NAC for Targeting Core Symptoms and Co-occurring Conditions in ASD	ab a bag lunch in the 2d flo	Janani Venugopalakrishnan, MD Emily Whisler, MD, Stanford - Case Examples of Neuropsychiatric Presentations in ASD: What Parents Need to Watch For	Inge Henderson , SLP - Tips and Tools for Oral Care, at Home and in the Chair	David Traver, MD - Addressing Medical and Health-Related Issues in Adults with Autism	LK 101/102 (1st floor)	r is open all day ir
Sarah Fairchild, Fran Goodwin, Parents; Doug Pascover, Imagine Supported Living Services; Joe Shimpfky and Raul Rekow, Jr., Santa Cruz SLS - Supported Living Services: An Insider's Guide	Sarah Fairchild, Fran Goodwin, Parents; Doug Pascover, Imagine Supported Living Services; Joe Shimpfky and Raul Rekow, Jr., Santa Cruz SLS - Supported Living Services: An Insider's Guide	Lorna Drope, Attorney - Protecting Loved Ones with Disabilities Through Conservatorship, Supported Decision Making and other Alternatives	Grab a bag lunch in the 2d floor foyer and visit the Resource Fair and/or relax in one of	Lorna Drope, Attorney - Protecting Loved Ones with Disabilities Through Conservatorship, Supported Decision Making and Alternatives	Stephen Dale , Attorney - A Person-Centered Approach to Special Needs Trusts	Stephen Dale , Attorney - A Person-Centered Approach to Special Needs Trusts	LK120 (1st floor)	1 Berg Hall (2d floor
Myra Galt - California State Benefits and Resources for Developmentally Disabled Adults	Valerie Montague, Attorney - Self Determination Pros and Cons	Evan Gilliland , San Andreas Regional Center - Self Determination and SARC - An Introduction	Fair and/or relax in one of the	Alex Gillaspie, NeuroNav - Live the Life You Want: Demystifying the California Self-Determination Program	Alex Gillaspie, NeuroNav - Live the Life You Want: Demystifying the California Self-Determination Program	Mark Jackson, Consultant - Regional Center Services: Understanding the New CA Vendor Rate Model	LK130 (1st floor)). Overview of optio
Monica & Jerry Montgomery, Golden State Residential Adult Program — All About the Family Home Agency	Monica & Jerry Montgomery, Golden State Residential Adult Program — All About the Family Home Agency	Jennifer Wagstaffe Hinton and Leslie Nordin - Big Wave - Big Wave: How a Group of Determined Parents Developed an Innovative Model to Build Housing and Community for Adults w/ ID/D	the classrooms or on the deck.	Jennifer Wagstaffe Hinton and Leslie Nordin - Big Wave - Big Wave: How a Group of Determined Parents Developed an Innovative Model to Build Housing and Community for Adults w/ ID/D	Sharmean Heffernan and Felicia Lehner, Life Services Alternatives - Creating New Homes for I/DD	Sharmean Heffernan and Felicia Lehner, Life Services Alternatives - Creating New Homes for I/DD	LK203/204 (2d floor)	Resource Fair is open all day in Berg Hall (2d floor). Overview of optional classroom sessic

onal classroom sessions:	ions:		
LK203/204 (2d floor)	LK205/206 (2d floor)	LK208 (2d floor)	LK209 (2d floor)
Sharmean Heffernan and Felicia Lehner, Life Services Alternatives - Creating New Homes for I/DD	Dennise Jauregui , Housing Choices - Options for Living Outside the Family Home (focus on ILS/SLS models)	Denise Bradley , Harambee Consulting - Programs for Clients with Multiple and Complex Challenges	Jason Matthews, Matthews Financial and Insurance Solutions - First Things First Financial Planning
Sharmean Heffernan and Felicia Lehner, Life Services Alternatives - Creating New Homes for I/DD	Dennise Jauregui , Housing Choices - Options for Living Outside the Family Home (focus on ILS/SLS models)	Denise Bradley , Harambee Consulting - Programs for Clients with Multiple and Complex Challenges	Ken Prodger , Special Needs Planning Group - Special Needs Financial Planning - It's a Lot More than Just a Trust!
Jennifer Wagstaffe Hinton and Leslie Nordin - Big Wave - Big Wave: How a Group of Determined Parents Developed an Innovative Model to Build Housing and Community for Adults w/ ID/D	Heidi Cartan & Philippe Habib - Seven Years In: Coastal Haven's Pocket Neighborhood and Common Roots Farm Today	David Traver , MD - Addressing Medical and Health-Related Issues in Adults with Autism	Ken Prodger , Special Needs Planning Group - Special Needs Financial Planning - It's a Lot More than Just a Trust!
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Monica & Jerry Montgomery, Golden State Residential Adult Program — All About the Family Home Agency	Raymond Magpantay , Bay Area Housing Corp - What Happens to Your House After You Are Gone? BAHC Legacy Home Program	Donna Feingold, HireABLE - The Value of Work and Understanding How Earnings Impact Your Benefits	Jeanette Martinez, Attorney - Protecting Loved Ones with Disabilities Through Conservatorship, Supported Decision Making and other Alternatives (Spanish language)
Monica & Jerry Montgomery, Golden State Residential Adult Program — All About the Family Home Agency	Raymond Magpantay , Bay Area Housing Corp - What Happens to Your House After You Are Gone? BAHC Legacy Home Program	Trudy Grable - What Does It Mean to Be 'Person- centered'?	Alicia Mesa, Parent, with Valerie Montague, Attorney - Self-Determination Program Discussion Group (Spanish language)

LK 205/206 (second floor)

9am, repeats at 10am Dennise Jauregui, Housing Choices

Options for Living Outside the Family Home (focus on ILS/SLS models)

Housing Choices will provide an overview on independent living options outside the family home with either Independent Living Services (ILS) or Supported Living Services (SLS) support. You will learn what those options are, what you need to know to get started and how you can prepare for the process as it can take several years to get into an affordable place, in a desirable location with proper support in place. https://www.housingchoices.org/

11am, repeats at 1pm Heidi Cartan & Philippe Habib, Coastal Haven and Common Roots Farm Seven Years In: Santa Cruz's Coastal Haven Pocket Neighborhood and Common Roots Farm Today

Seven years ago, parents came together to create an inclusive residential community and adjacent farm near downtown Santa Cruz. Residents have now moved into their pocket neighborhood for 20 adults with I/ DD plus support, and the farm is up and running. The community integrates UCSC students as well as two families onsite. Learn key lessons and what to expect from an equity-based option for addressing the problem of when parents can no longer be primary carers. Heidi will also speak about Common Roots Farm where people with and without disabilities frequent the farm 5 days/week to enjoy a non-traditional approach to purposeful work, social and vocational opportunities on our 4-acre farm campus. https://coastalhavenfamiliesllc.com/

2pm, repeats at 3pm Raymond Magpantay, Bay Area Housing Corp

What Happens to Your House After You Are Gone? The BAHC Legacy Home Program

You own a home, and you would like your disabled child to be able to continue living there after you pass away. But how might you make that work? Who will manage the home? A Legacy Home Program is a way for you to donate your home to a nonprofit for the benefit of the lifespan residential needs of your child and also fulfill your altruistic intention of sharing the home with others with I/DD and create a sense of community. This presentation explains how the new Legacy Home Program, operated by one of the Bay Area's largest I/DD housing nonprofits, works in providing a safe, secured and affordable living environment for individuals with I/DD and continue live a purposeful and meaningful life.

LK208 (second floor)

9am, repeats at 10am **Denise Bradley**, Harambee Consulting **Programs for Clients with Multiple and Complex Challenges**

Denise has managed or originated several programs serving adults with autism and challenging behaviors. She will review old and new program possibilities for these individuals who need flexible programming. <u>denise@harambeekc.org</u>

11am David Traver, MD Addressing Medical and Health-Related Issues in Adults with Autism See above

1pm Dylan Alto, CA START San Andreas The START Model

The SARC START program, with its sister program associated with the GGRC The training will be a partial overview of the START model and a training on a related concept, such as positive psychology, deescalation strategies, executive functioning, etc. https://www.yai.org

2pm Donna Feingold, HireAble

The Value of Work and Understanding How Earnings Impact Your Benefits

Employment is an important and rewarding part of most people's lives, including people with disabilities. However, the Social Security system is complex and can be hard to navigate. Also, the fear of losing public benefits is real. In this presentation, you will gain a greater understanding of how the Social Security system works and learn how to manage disability-related benefits such as SSI and SSDI while working; and how to utilize work incentives to minimize the impact earnings will have on your benefits. You will also learn where to get help, and what tools and resources are available to you. <u>https://www.hireable.org</u>

3pm Trudy Grable

What Does it Mean to Be 'Person-centered'?

Now a federal mandate, person-centered planning is a focused approach to delivering services focusing on the individual. This can be a conceptual change for service providers and individuals needing support, away from a system, and service focus that often constrains our actions. Person-centered thinking is about the person being at the center of thinking, actions, and planning, and the support they need to achieve a life where services are focused on their vision and dreams of what should be in their lives. Being person-centered includes understanding the person's gifts, talents, abilities, preferences, resources, and priorities. <u>https://www.personcenteredplans.org</u>

LK209 (second floor)

9am Jason Matthews, Matthews Financial and Insurance Solutions

First Things First Financial Planning

Financial strategies to help our children with special needs to live out their dreams — whether we are here or not for them. What are potential pitfalls in financial planning and what are the options you should consider?

https://www.mfis.biz

10am, repeats at 11am Ken Prodger, Special Needs Planning Group

Special Needs Financial Planning - It's a Lot More than Just a Trust!

A parent-focused presentation on how to navigate the complex realities of special needs financial planning. We focus on the issues that must be addressed, what they can do now and how to prepare for the future - including when they are gone.

https://www.snpg.org

1pm Kyle Daniels, Stonebridge Financial

Financial Planning for the Special Needs Community

Important considerations and planning topics to be aware of and consider when planning for a loved one with disabilities.

https://www.stonebridgefinancialgrp.com/

2pm Jeanette Martinez, Attorney, Special Needs Law Group

SPANISH LANGUAGE — Protecting Loved Ones with Disabilities through Conservatorship, Supported Decisionmaking and Other Alternatives — Tutela y alternativas

Discussion will cover the types of conservatorships in California, the process for establishing a conservatorship, and the alternatives to conservatorship, including supported decisionmaking; the benefits of conservatorship and how to determine if it is appropriate for your loved one. <u>https://SpecialNeedsLawGroup.com</u>

3pm Alicia Mesa, Parent, with Valerie Montague, Attorney

SPANISH LANGUAGE — Self-Determination Program Discussion Group (Spanish language) — el Programa de Autodeterminación

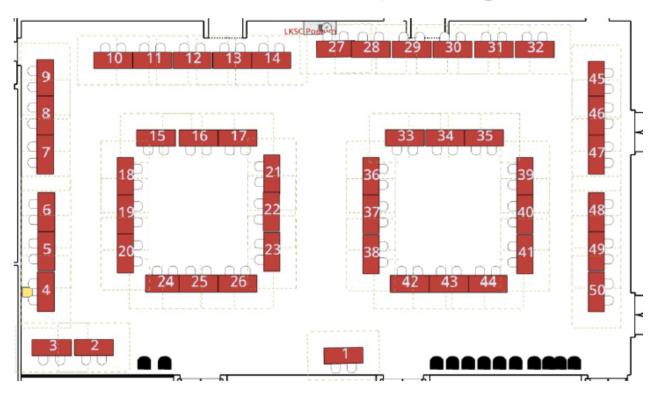
An introduction to the regional center Self-Determination Program with Q&A with a parent and experts.

Resource Fair Vendors (tables 1-50 are approx in alphabetical order)

AbilityPath - Adult Program AbilityPath - Family Resource Center Aspen Network Autism Society San Francisco Bay Area **Bay Area Housing Corporation Big Wave Project** Blende Dental California Sibs Camp Krem / Camping Unlimited for the DD Careflick Common Roots Farm De Colores Arts Department of Developmental Services - Employment Disability Rights California - Office of Clients' **Rights Advocacy** Friends of Children with Special Needs Galt Advocacv Golden State Residential Adult Program Good Shepherd Fund Harambee Helpers Community Hope Services Housing Choices If I Need Help Itani Dental

Life Services Alternatives Living Unlimited Lorna Drope, Special Needs Law Matthews Financial & Insurance Solutions Meristem Merritt Community College Monterey Bay Horsemanship & Therapeutic Ctr Moving Forward Toward Independence NeuroNav Professional Fiduciary Association of California Regional Center of the East Bay San Andreas Regional Center-Self Determination Sentry Living Solutions Shane Tarkington Art Shupin Independent Living Community - JFCS Sirica Therapeutics Special Needs Planning Group Stanford Autism Center (foyer) Stanford Brain Development Project Stonebridge Financial Group The Helix School Tollner Law Offices Trinity Change Supported Living Services UCSF Hendren Lab YAI - CA START San Andreas

Resource Fair Map, Berg Hall



This event would not be possible without our generous sponsors

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Sara Gonzales-Erhan and Ercan Erhan