

ACCESS RECREATION B O S T O N



FALL CONFERENCE 2016

October 27th, Grand View Farm
Burlington, Massachusetts

 @AccessRecBoston #adaptivepros



ACCESS
RECREATION
BOSTON

Access Recreation Boston is a coalition of organizations and individuals dedicated to increasing and enhancing recreation opportunities for people with disabilities in the greater Boston area. We accomplish this through building community awareness, sharing professional expertise, and promoting collaboration. Thank you for joining us today!



A project of the
Institute for Human Centered Design

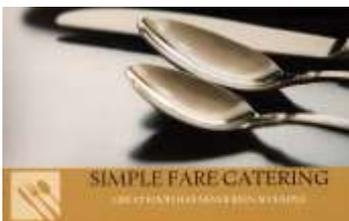
dedicated to enhancing the experience of people
of all ages and abilities through excellence in design

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SCHEDULE AT A GLANCE

7:30 AM – 8:30 AM

Registration & Networking Breakfast,
Exhibitor tables open
Executive Director Roundtable

8:30 AM – 9:00 AM

Opening Session (Great Hall)

9:15 AM – 10:45 AM

Concurrent Sessions

10:45 AM – 11:00 AM

Break

11:00 AM – 12:130 PM

Concurrent Sessions

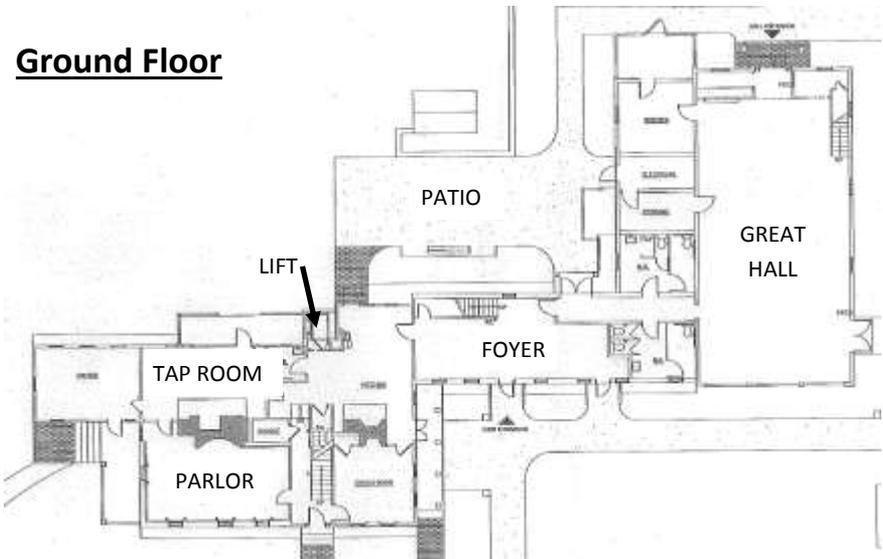
12:30 PM – 2:30 PM

Lunch, Collaboration Forum, Exhibitors

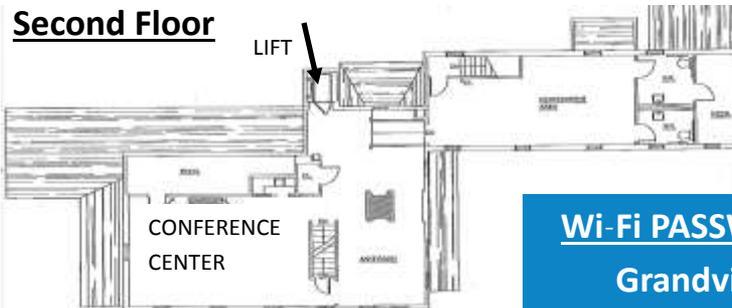
2:30 PM – 4:30 PM

Plenary Session & Closing

Ground Floor



Second Floor



Wi-Fi PASSWORD:
Grandview

REGISTRATION / NETWORKING BREAKFAST

7:30 - 8:30 AM

EXECUTIVE DIRECTOR ROUNDTABLE

(Tap Room)

Facilitated by Barbara Schneider (Maine Adaptive)

CEUs not available for this session.

This pre-conference session gives Executive Directors a dedicated opportunity to gather with peers and discuss common challenges and opportunities around fundraising, employment and evaluation, risk management, budgeting, working with a board, or whatever topics of interest arise. An early-morning meeting means participants are available to network, attend sessions, and meet with vendors for the rest of the day! Grab your breakfast and head upstairs!

This open-ended discussion is for executive directors or others in the lead management position in their organization. Only one person from each organization may attend this session.

EXHIBITOR HALL OPENS (open 7:30 am - 2:30 pm, Parlor & Patio)



BOOK WITH THOSE WHO KNOW
Certified Accessible Travel Specialist



OPENING SESSION

8:30 - 9:00 AM

OPENING REMARKS

(Great Hall)

Chenine Peloquin, Project Director

RIO & BEYOND: PROGRESS IN THE PARALYMPIC MOVEMENT

Dr. Cheri Blauwet, Chairperson of the International Paralympic Committee's Medical Commission; Spaulding/Brigham and Women's Hospital

CONCURRENT SESSIONS

9:15 - 10:45 AM (Select one of three options)

JUST SAY YES! THEATRICAL IMPROVISATION AS A TOOL FOR CUSTOMER SERVICE AND INCLUSIVITY TRAINING (A TRAIN THE TRAINER SESSION)

(Tap Room)

Presented by Charles Baldwin

.15 CEUs

The techniques and games that teach improvisational skills can be an effective means of training staff and volunteers working within patron and visitor services. The session includes discussion points on language, tone, and context that is reiterated in physical play through improvisation. Improvisation play invites audience critiques and interaction. The emphasis is on breaking down personal fears, developing a language that is both candid and sensitive, and empowering the staff/volunteer with the knowledge and the flexibility to adapt to the unanticipated request. This session will provide a platform for volunteer and staff training that is fun, kinesthetic, and educational.

PROGRAM EVALUATION & LEVERAGING IMPACT

(Conference Ctr)

Presented by Barbara Gildea, M.A.

.15 CEUs

The session presents a basic introduction to evaluation for program staff in the field. Simple methods of starting an evaluation are shared, including defining your information sources, evaluation tools, and questions. The second half of the session focuses on how to leverage results of the evaluation both internally to improve programming, and externally for advocacy, funding, etc.

(9:15 - 10:45 sessions continued on next page)

WEAR THE CHAIR! OPTIMIZING ADAPTIVE SPORTS EQUIPMENT FIT FOR INJURY PREVENTION AND PERFORMANCE (Great Hall)

Presented by Cheri Blauwet, M.D. & Carrie Callahan, PT, ATP. **.15 CEUs**

This session will provide an overview of the importance of assessing the athlete/equipment interface (i.e. chair fit) for adaptive sports professionals, noting that poor equipment fit can lead to overuse injuries and symptoms that may prevent the athlete from competing in sports. Additionally, sports-related injuries may impact long-term functional outcomes. In order to enhancing understanding of these concepts, two hands-on examples will be provided with use of a racing wheelchair as well as a court sports wheelchair. The speakers will also review the next steps in providing a referral for clinical evaluation for symptoms that may be persistent and/or prevent an athlete from optimal participation.

CONCURRENT SESSIONS

11:00 AM - 12:30 PM (Select one of three options)

ASSESSMENT ON THE FLY: ASSESSMENT IN A COMMUNITY SETTING UTILIZING THE TR PROCESS. **.15 CEUs** (Great Hall)

Presented by Geoff Garfinkle, CTRS/L; Kristin Harris, CTRS/L; & Jeff Burnett

This session will present information on varying techniques on assessing individuals for the purpose of participating in established, community-based outdoor recreation programs. The speakers will describe cases that present the specific challenge of including individuals with varying abilities into the existing programs at Crotched Mountain Accessible Recreation and Sports (CMARS) while utilizing the APIE process. The assessment process will be discussed as a means to match adaptations and current available equipment to the individual, as well as identify future equipment needs of the program to accommodate constituents. A question and answer opportunity will follow.

EXPLORING INCLUSION: OPPORTUNITIES FOR AND BARRIERS TO INCLUSION IN A RECREATION SETTING (Conference Center)

Presented by Jessie Bari, M.S. **.15 CEUs**

This session will explore the concept of inclusion, specifically how it can be applied in a recreation setting. Specific discussion will focus on the potential benefits of inclusion as well as the barriers or challenges faced. Participants will have a better understanding to what inclusion means, identify



opportunities to create more opportunities for inclusion in our community and share success stories of overcoming barriers to inclusion.

EXPANDING OPPORTUNITIES FOR PEOPLE WITH HIGH LEVEL INJURIES: A WORKING GROUP

(Tap Room)

Facilitated by Chenine Peloquin, M.A., CTRS

While tremendous progress has been made with opportunities including power soccer and sip-and-puff sailboats, some individuals may not have the ability or desire to transfer out of their chairs, or may face barriers including mobility, balance, or other presenting concerns to participating in many existing opportunities. Join guests Jim Wice, Jenny McLaughlin, and Ross Lilley for a conversation and action-planning to expand opportunities for people with physical disabilities who may not be served by current programs. Questions we hope to address include what things are currently offered, what could be possible, and if new options were available, how this community of practice can support the implementation and outreach to make it possible! Could new programming be made available in the next 6 months? If you'd like to help make this happen, join us!

LUNCH & COLLABORATION FORUM

12:30 - 2:30 PM

THERE'S A LOT HAPPENING HERE!

Our attendees have asked for more "facilitated networking," and multiple opportunities to meet, well, everyone else attending! This extended lunch time includes a few different ways to get conversations started around different topics and with a variety of people. As a community of practice, we believe in the *philosophy of abundance*: that there is more than enough to go around (and our work and communities benefit) when we share ideas, resources, referrals, and more. We hope you will join in the conversations!

For those earning CEUs, please remember to return your form to the registration desk at this time.

12:30 Lunch opens in the Great Hall

12:30 - 2:30 Exhibitor Hall in the Parlor and on the Patio - stop, talk, and brainstorm with our business partners!

1:30 Table Topics start: Find a group discussion that interests you in the Great Hall after lunch. Tables will have different topics, designated by a tent card. A few tables will have blank cards, so feel free to create a conversation that meets your needs. Please feel free to move around; you are by no means bound to a table for the whole time! *(cont. on next page)*

1:25 - 2:20 Lightning Round *New Feature!* (Tap Room)

Check out one or all of these 15-minute short sessions!

1:25 - 1:40 Metro West Adaptive Sports Collaborative

Find out about upcoming clinics, how the collaborative got started, successes and challenges of a multi-organization approach to programming.

1:45 - 2:00 Roll-Rev: A Beginner's Guide to SCI

There's a new resource out there for people with new spinal cord injuries, and it's great for professionals, too!

2:05 - 2:20 Access Rec: Shaping this Community of Practice

Share your thoughts on future goals, activities and big-picture planning. This is YOUR organization, help us shape the work ahead!

PLENARY SESSION

2:30 - 4:30 PM

SELF CARE 102: LEVERAGING MINDFULNESS AND ENERGY FOR ELEVATED WELL-BEING (Great Hall)

Presented by Chris Vasiliadis, M.Ed., CHWC *.15 CEUs*

Today's world is hyper-busy, with many of us possessing multiple "hats"/ roles in our lives. Maintaining focus and concentration at work is challenging due to feeling overwhelmed and scattered. Miscommunication abounds. Do you feel you could be operating more effectively and with less stress? Would you like to be energized more often than exhausted?

You can turn your situation around! In this session, begin to take a stand for the level of well-being you want. Through interactive discussion and activities, you will explore and apply concepts in mindfulness and energy management. Recognizing the potential benefits of applying these principles in your life and work, you will come away with breakthrough insights and practical actions you can take immediately to start taking control of your health and wellness.

A PARTICIPANT'S PERSPECTIVE

Presented by Kyle Singer

CLOSING REMARKS / EVALUATIONS



**Chenine Peloquin & Steering Committee
Members**

SPEAKER BIOS

CHARLES BALDWIN

Charles G. Baldwin is the Program Officer for the Massachusetts Cultural Council's UP Inclusive Design Initiative, which provides resources and professional development for organizations seeking to move from understanding access as a regulatory requirement to developing inclusion as a policy for community engagement. For 15 years, Charles was the Director of Marketing and Operations at Wheelock Family Theatre (UP Designation 2015; LEAD Award for Excellence in Accessibility Leadership 2005), a professional, Equity theatre in Boston committed to affordable, colorful, accessible theatre for children and families. He serves on the Executive Committee of CANE (Cultural Access New England) and was a founding member of Theatre Artists Marketing Alliance and the Consortium of Boston Area Children's Theatres. Charles has been a consultant to The Accessible Theater (2012-2015) and the Fenway Alliance Disability Review Board (2008-2010) and remains an active participant in the Kennedy Center's LEAD Conference (Leadership Exchange for Arts and Disability). Charles has taught production and stagecraft to middle school students and has designed scenery, costumes, and make-up for many productions including "Ben's Trumpet" for BalletRox; "Treasure Island" for the Cotuit Center for the Arts; "Maverick Strain" for the Joe Goode Performance Group; "Insanity the Musical" at Theater Artists of Marin and "Creatures from the Pink Lagoon," an Independent Film. His work was recognized in 2015 by the Independent Reviewers of New England (IRNE) for Best Costume Design for "Shrek the Musical" at Wheelock Family Theatre.

JESSIE BARI, M.S.

Jessie Bari is a Program Director at the Southtowns Family YMCA in Buffalo, NY where she oversees before and after school, Universal Pre-K and summer camp programming. Previously she was the Director of Inclusion for Boys & Girls Clubs of Boston for five years where she developed their I AM IN Inclusion Initiative and worked to support efforts across the agency to include more youth with disabilities in their afterschool programming. Jessie holds an MS from Northeastern University in Nonprofit Management with a specialization in Special Education.

CHERI BLAUWET, M.D.

Cheri is an Instructor in Physical Medicine and Rehabilitation at Harvard Medical School and an attending physician at the Brigham and Women's Hospital and Spaulding Rehabilitation Hospital, where she also serves as the Disability Access and Awareness Director for Spaulding Rehabilitation (cont.)

Network. Dr. Blauwet is also a former Paralympic athlete in the sport of wheelchair racing, competing for the United States Team in three Paralympic Games (Sydney '00, Athens '04, Beijing '08) and bringing home a total of seven Paralympic medals. Translating her background as an athlete to the clinic setting, Dr. Blauwet now serves as the Chairperson of the International Paralympic Committee's Medical Commission.

JEFF BURNETT

Jeff is the assistant program director of Crotched Mountain Accessible Recreation and Sports (CMARS). He has held skiing instructor certification through PSIA and North American Telemark Organization and Wilderness First Responder certification through Stonehearth Open Learning Opportunities (SOLO). Jeff volunteered with the CMARS Program in 2009 after helping to adapt equipment for his own teenage son with disabilities. Jeff has over 12 years of experience in the outdoor recreation industry as a business owner, developing and leading adventure sports outings. He also has a background as a professional athlete in the hang gliding industry where he worked as a factory test pilot, an R+D specialist, and a demonstration and competition pilot. He is a former U.S. National hang gliding champion.

CARRIE CALLAHAN, PT, APT

Carrie graduated from Ithaca College, and developed her enthusiasm as a physical therapist at Spaulding Rehabilitation Hospital on the Inpatient Spinal Cord Injury Unit (2004-2015). Following her passion for client-centered rehabilitation and adaptive sports, Carrie was one of three therapists who founded Empower Spinal Cord Injury (SCI), Inc in 2012. Empower SCI is a non-profit organization that runs a 2 week residential rehabilitation program for individuals with post-acute spinal cord injury. Carrie has also volunteered with Spaulding Adaptive Sports Centers, helping with activities ranging from Wheelchair Basketball, Riders Club, Ski Club as a Level I AASI Adaptive Snowboard Instructor (2016), and recently as a part of Spaulding's Adaptive Sports Medicine Clinic.

GEOFF GARFINKLE, CTRS/L (NH)

Geoff is the director of accessible recreation at Crotched Mountain and a New Hampshire licensed and certified therapeutic recreation specialist. He joined Crotched Mountain in 1988. Geoff received an MBA from Plymouth State University and a bachelor of science from Franklin Pierce University. He currently serves on the board of directors for the Peterborough Chamber of Commerce.

Would you like to share *your* expertise in a future session? Do you know someone who should? Contact Chenine at chenine@accessrecboston.org

BARBARA GILDEA, M.A.

Barbara Gildea leads corporate and foundation giving, communications, and strategic development for Camp Shriver at UMass Boston. Camp Shriver is an inclusive summer program that brings together an equal number of children with and without disabilities so that all children learn and play together. In her role as program coordinator for Camp Shriver at UMass Boston, Barbara is additionally responsible for camp admissions, recruiting campers and staff, and liaising with Camp Shriver's partners at the university, local schools and greater UMass Boston community.

For the past decade, Barbara has worked in a variety of communication and development positions in nonprofit settings. As a Special Projects Coordinator at Roca, a youth development organization in Chelsea MA, she coordinated special events and annual appeals. With Citizen Schools New York City, Barbara wrote foundation and corporate grants. Additionally, Barbara had raised over \$120,000 for Boston Latin School and the Dana Farber Cancer Institute in volunteer positions chairing individual events.

Barbara has a Masters of Arts in the Humanities from the University of Chicago. She also has a Bachelor of Arts in English, a Bachelor of Arts in Latin and Greek, and a Bachelor of Science in Secondary English Education from Boston University.

KRISTIN HARRIS, CTRS/L (NH)

Kristin is the program director of Crotched Mountain Accessible Recreation and Sports (CMARS). She is a New Hampshire licensed, certified therapeutic recreation specialist (CTRS/L) who joined Crotched Mountain in 1992. She received a bachelor of science in recreation with a concentration in therapeutic recreation from Ithaca College. Kristin began her career working with the students of Crotched Mountain School and also spent time working with clients in the Specialty Hospital.

CHRIS VASILADIS, M.Ed., CHWC

Chris is Certified Health and Wellness Coach through Wellcoaches Corporation and a Certified Personal Trainer through the American College of Sports Medicine. She also holds a Masters of Education in Instructional Design from the University of Massachusetts at Boston. Since 2008, she has coached hundreds of clients as Health and Wellness Coach. She has delivered programs on mindfulness and energy management since 2013, to rave reviews. Chris also happens to be living well with multiple sclerosis. Using many of the principles in these programs, she has been relapse-free since January 2007. Also, the core reason many clients seek Chris' services is due to their desire for increased focus, energy and vitality.



WHO WE ARE

ACCESS RECREATION

B O S T O N

PROJECT DIRECTOR

Chenine Peloquin, M.A., CTRS
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617-695-1225 x255

STEERING COMMITTEE

Karen Foster, All Out Adventures
Aiyanna Lamkin, Special Olympics Massachusetts*
Rachael Lee, DCR Universal Access Program*
Tom McCarthy, DCR Universal Access Program*
Zoe Norcross, Spaulding Adaptive Sports Network
Mary Patstone, Spaulding Adaptive Sports Network
Caitlyn Ridgely, Piers Park Sailing Center
Greg Rudolph, The Play Brigade/Adaptive Hiking Team
Laila Soleimani, DCR Universal Access Program
Joe Walsh, Adaptive Sports New England
Eli Wolff, Institute for Human Centered Design
Anna Wood, Concord Recreation
**Denotes current leadership team*

GRADUATE INTERN

Shelby Jackson, CTRS (Northeastern University MPA '18)
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