

ACCESS RECREATION B O S T O N



FALL CONFERENCE 2017

October 26th, Hilton Garden Inn
Waltham, 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

THANK YOU TO OUR EXHIBITORS!

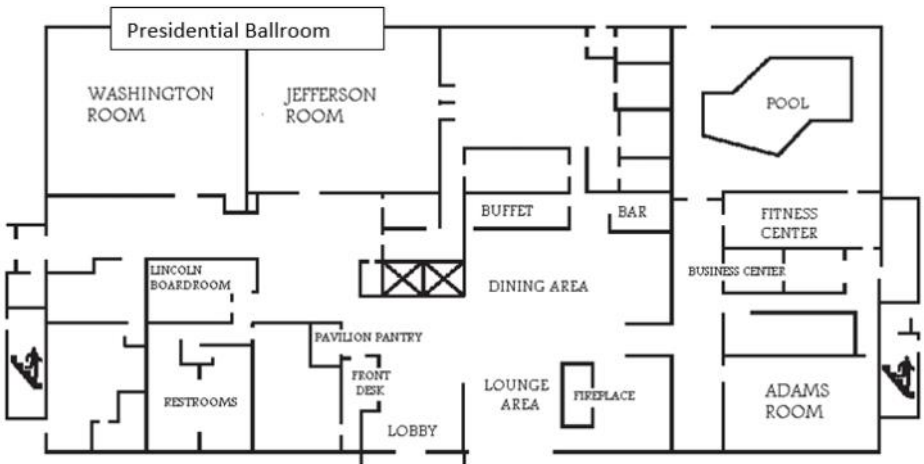


GRIT

SCHEDULE AT A GLANCE

7:30 AM – 8:30 AM	Registration & Networking Breakfast, Exhibitor tables open Executive Director Roundtable
8:30 AM – 10:05 AM	General Session
10:05 AM – 10:15 AM	<i>Break</i>
10:15 AM – 11:45 AM	Concurrent Sessions
11:45 AM – 1:45 PM	Lunch, Lightning Round, Exhibitor Hall
1:45 PM – 3:15 PM	Concurrent Sessions
3:15 PM – 4:30 PM	Small Group Networking, Ice Cream Social, Closing

Floor Plan



Wi-Fi

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REGISTRATION / NETWORKING BREAKFAST

7:30 - 8:30 AM

EXECUTIVE DIRECTOR ROUNDTABLE (Lincoln Boardroom)

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 come on in! **Today's topic: Marketing/Development Challenges** *This 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 - 1:45 pm, main foyer and equipment area outside, exit at end of foyer)

GENERAL SESSION

8:30 - 10:05 AM

OPENING REMARKS (Jefferson)

Chenine Peloquin, Project Director

GETTING TO RECREATION: TRANSPORTATION STRATEGIES

Presented by Rachel Fichtenbaum & Linda Shepard Salzer

CEUs not available for this session.

Lack of transportation can prevent people from accessing recreation opportunities. In this session, we will share information on a range of transportation services available around the state. We will also discuss creative approaches organizations are taking to improve mobility options – and we'll highlight opportunities to get involved. You will also hear from a travel trainer who helps people with disabilities develop the knowledge and skills they need to ride the MBTA bus, subway, and commuter rail independently and safely. Bring your questions!



CONCURRENT SESSIONS

10:15 - 11:45 AM (Select one of three options)

CREATING A CULTURE THAT RETAINS VOLUNTEERS

Panelists Charles Baldwin, Rachael Nease Kelly, (Washington)
Brenda Kennedy Davies, & Julia Spruance .15 CEUs

What happens after you get volunteers in the door and engaged through orientation and training? In this session, hear the creative ways that | organizations from different sectors keep volunteers engaged long-term. Whether creating a culture that values volunteer input, providing opportunities to grow and contribute, ensuring they understand the impact they are making, or the systems that underlie volunteer programs, this panel discussion will provide you with many ideas to take back to your setting! Please feel free to bring any forms you think are working well for your organization to share during facilitated small group discussion time.

PREPARING FOR SUMMER CAMP: PAPERWORK, POLICIES, & PROCEDURES .15 CEUs (Jefferson)

Presented by Libby Brockman, MPH, & Anna Wood, M.S., CTRS/L

Join us as we discuss all things related to summer camps that serve individuals with different abilities and/or special health care needs. From specialized camps to inclusion programs, we will provide an in-depth look at what it takes to be thoroughly prepared to run a summer camp program. Topics to discuss will include camp policies and procedures, state regulations and other accrediting bodies, risk management plans, staff hiring/training, health care policies, and program marketing. Don't feel like you have to recreate the wheel-- bring your forms, policies, job descriptions and questions, and we'll workshop them together.

ALEXITHYMIA: A SECRET BARRIER TO BEING SEEN AND HEARD

Presented by Rebekah Milhoan, MSW .15 CEUs (Adams)

Have you ever wondered what it would be like to live in a world that couldn't understand your words or expressions? Being unable to express or describe your joy or sadness in a way that others could appropriately respond to? Alexithymia is a personality construct that affects a person's ability to describe and express emotions, verbally. Alexithymia is prevalent in approximately 10% of the general population and is almost four times higher in persons with cognitive/psychiatric conditions. In this workshop, we will define Alexithymia and discuss how it may affect your participants, as well as the results of a study that suggests recreation and alternative therapies offer particularly supportive contexts. We will explore non-verbal/non-directive forms of communication and strategies professionals can employ to support participants.

LUNCH & COLLABORATION FORUM

11:45 AM - 1:45 PM

Our attendees have asked for “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.

11:45 AM **Lunch opens** in the main hallway

11:45 - 1:45 **Exhibitor Hall:** stop, talk, and brainstorm. Try out new equipment and explore partnerships!

12:40 - 1:35 **Lightning Round:** Check out one or all of these 15-minute short sessions in the Washington Room

12:40 - 12:55 **Hiking Accessibility Working Group**

Recent studies have shown what many in this field have known all along: spending time in the woods improves mood, stimulates the immune system, and is generally awesome. The question is: how can we maximize our collective resources and expertise to give people with disabilities in New England opportunities to spend time in the woods? Access Rec is forming a working group to answer this question! Please come to this inaugural brainstorming session!



1:00 - 1:15 **Making the Most out of Outreach Fairs**

Whether you’re signing up as an exhibitor or hosting the event yourself, let’s gather best ideas and strategies for making these important outreach efforts a success for both the participants and organizations. Bring your program’s elevator speech to share with Access Rec, so we can share it with others!

1:20 - 1:35 **Olin Partnerships for Inclusion**

Olin College of Engineering in Needham, MA is currently seeking community partners for research and teaching in accessibility and adaptive recreation.

Olin is looking to develop collaborations for class projects, as well as year-

round partners for a developing research focus on adaptation and inclusion. Come talk to Prof. Jeff Dusek about how we can create something together!



CONCURRENT SESSIONS

1:45- 3:15 PM (Select one of three options)

LOBBYING ON A DIME

(Jefferson)

Presented by Jennifer Higgins, Ph.D.

.15 CEUs

This presentation will provide participants with an introduction to lobbying and advocacy. Participants will learn about advocacy methods and skills, the legislative calendar and points in time when interaction is most impactful, and the distinct roles of self-advocates versus the agency.

BEYOND INCLUSION: RECREATION AS A PATHWAY TO FRIENDSHIPS BETWEEN PEOPLE WITH AND WITHOUT DISABILITIES

Presented by Jim Ross

.15 CEUs

(Washington)

Great gains have been made over the last several decades to support people with disabilities to be in their communities. We see that where people **live** (fewer institutions, more homes in neighborhoods), **learn** (many more children with disabilities in public schools), **work** (closing sheltered workshops has created more opportunities for real work) and **play**. But this move towards “inclusion” often ends with just physical presence by the person with a disability; they are not truly “of” their community. This session will explore the importance of **friendships** between people with and without disabilities and how recreation—in its broadest sense—can be used to support the development of those relationships. Brainstorming at this session will help The Arc of Massachusetts develop a “Making Friends Through Recreation Toolkit” for parents and providers.

LAURA’S STEP-BY-STEP SERVICE ANIMAL SCREENING SYSTEM

Presented by Laura Grunfeld

.15 CEUs

(Adams)

Perturbed by the pets attending your gathering that are falsely presented as service or emotional support animals? Do you need clarity on the service animal laws? When pets are brought to your gathering it can be dangerous for other attendees. In an unfamiliar environment, animals that are not highly trained sometimes become excited, scared, out of control, and even aggressive. As the host, it is your responsibility to do all that you can do to help protect the rights of people with disabilities and protect all of your attendees, both two and four-legged. Laura Grunfeld will help you learn more about the requirements, prepare a service animal policy, and teach you a system to screen the animals.

SMALL GROUP NETWORKING

3:15 - 4:30 PM

Join us for an ice cream social and small group networking time in the Presidential Ballroom! As requested by our members, there will be breakout tables starting with the following groups (feel free to suggest additional groups - Speak with Chenine). You are welcome to get up and switch tables at any time!

- **Outdoor**
- **Municipal / Community-based**
- **Certified Therapeutic Recreation Specialists**
- **Arts & Culture**
- **Schools**
- **Rehab/Long-term care**

SPEAKER BIOS

CHARLES BALDWIN

Charles G. Baldwin is the Program Officer for the Massachusetts Cultural Council's Universal Participation (UP) Initiative, which provides resources and professional development for organizations seeking to move from under-standing 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 Perfor-

mance 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.

LIBBY BROCKMAN, MPH

Libby Brockman is the Program Director at the Jett Foundation in Kingston, MA where she oversees Camp Promise, an overnight summer camp she helped found for individuals of all ages with muscular dystrophy and neuromuscular disease. She currently serves as the on-site director at all three Camp Promise sites in Connecticut, Colorado, and Washington. With over 15 years of experience working at programs for people with muscular dystrophy, autism, cancer, and HIV, Libby also has experience starting a summer camp from the ground up. Libby has a Bachelor’s of Science in neuroscience, biology, and psychology from Brandeis University, and holds a Master of Public Health degree from the University of Washington. On weekends, you can find her cycling, skiing, and regenerating succulents.

BRENDA KENNEDY DAVIES, OTR/L

Brenda founded Outdoor Access almost 20 years ago, to combine her love of the outdoors and passion for creating unique opportunities for individuals of all abilities. Brenda brings 25+ years of experience in design and implementation of adaptive recreation since receiving a degree in occupational therapy and outdoor education from the University of New Hampshire. Brenda's adventurous spirit has led to accessible travels with clients in Costa Rica, Acadia National Park, New Orleans and more. Outdoor Access creates community that is welcoming and supportive for all through bringing together quality staff and committed volunteers. Our motto is... Yes We Can!

RACHEL FICHTENBAUM, M.P.P.

As Mobility Manager at MassMobility, a program of the Executive Office of Health and Human Services, Rachel helps organizations across Massachusetts improve mobility and access for seniors, people with disabilities, and low-income commuters. Prior to joining MassMobility in 2011, she worked in workforce development. She has a Master’s of Public Policy in Social Policy from the Heller School at Brandeis University.

LAURA GRUNFELD

Laura Grunfeld, founder and owner of Everyone’s Invited, LLC, has been in business since 2004 working with event producers across the nation to help make their events more accessible to patrons with disabilities. She began her event accessibility focus when she was working with the New Orleans Jazz & Heritage Festival in the 1990s and created their award-winning Access Program. Grunfeld designed her Service Animal Screening system when she saw what a serious problem it was becoming as more and more people learned how easy it was to falsely present their pet as a service animal. She has used the screening system at Bonnaroo, Outside Lands, Electric Forest, Life is good, TomorrowWorld, Firefly, Governors Ball, and other festivals.

JENNIFER HIGGINS, Ph.D.

A graduate of the Gerontology Ph.D. Program at the University of Massachusetts, Dr. Higgins has spent more than 25 years in the field of gerontology. Over the course of her academic career, Dr. Higgins has conducted policy analyses and participated in numerous research projects at the University of Massachusetts/Boston Gerontology Institute, the Boston University School of Social Work, Simmons College School of Social Work, the Massachusetts Department of Public Health, the then Massachusetts Department of Mental Retardation, and the Massachusetts Council on Compulsive Gambling. Previously, Dr. Higgins was the Director of Strategic Planning and Business Development at the Center for Human Development in Springfield, Massachusetts. The agency serves 23,000 clients with mental health care, covering a territory from North-western Connecticut to the Berkshires in Massachusetts.

Presently, Dr. Higgins is the Director of Research and Policy at the Association of Developmental Disabilities Providers. ADDP is a trade association representing 135 developmental disabilities provider agencies across the Commonwealth. Dr. Higgins is responsible for reviewing research affecting older adults and persons with developmental disabilities, and making policy recommendations. Also at present, Dr. Higgins is serving a four-year term on the FDA's Anesthetic and Analgesic Drug Products Advisory Committee. In her role, she reviews a considerable amount of medical research on opioid drug products and opioid abuse-deterrent drug products.

Anna McKeown, M.S., CTRS/L

Anna is currently the Assistant Director of Recreation for the Town of Concord, MA where she oversees the Department's Adaptive Recreation Program as well as the Department's afterschool childcare program, group fitness programs, special events, youth/adult sports programs, and summer camps, including the summer inclusion program. For the last ten years, Anna has dedicated her career to designing and developing community based inclusion programs for people with disabilities throughout Massachusetts. Anna has a Bachelor's of Science degree in Therapeutic Recreation, a minor in Outdoor Education and a Master of Science degree in Therapeutic Recreation Administration, all from the University of New Hampshire. Anna is a certified Therapeutic Recreation Specialist with a specialty certification in Community Inclusion Services from the National Council on Therapeutic Recreation Certification.

REBEKAH MILHOAN, M.S.W.

Rebekah Milhoan is a recent MSW graduate from the Smith College School for Social Work Northampton, Massachusetts. Rebekah has five years experience working with adults living with severe mental illness in residential and hospital settings. She is interested in many upcoming new clinical modalities, including group play therapy for adults, somatic awareness and recreational therapy. Her favorite saying from grad school is, " There is no such thing as patient resistance, only the therapist's resistance."

RACHAEL NEASE KELLY, M.A.

Rachael is the Manager of Museum Guide and Public Programs at deCordova Sculpture Park and Museum, leads a Museum Guide corps of thirty-five members to present a range of innovative tour opportunities and dynamic public programs designed to engage visitors of all ages and abilities in experiencing and understanding deCordova's art and landscape. With a background in accessible visual arts programming, she creates opportunities for learning that serve a broad audience and foster an inclusive culture among museum staff, volunteers, and visitors. She is currently working alongside local and international artists to bring inventive art-making workshops to deCordova's adult audiences.

JIM ROSS

Jim Ross has worked in human services for 40+ years supporting people with disabilities. This work includes summer camps, disability-related information & referral, founding and directing a non-profit human service organization and providing direct care. Jim is currently a coordinator of Widening the Circle, a partnership between The Arc of Massachusetts and the Massachusetts Department of Developmental Services.

Jim has a life-long interest in supporting people with disabilities to participate fully in community life. He believes that people with and without disabilities should be together wherever they live, learn, work and play. Speaking of "play", Jim enjoys hiking, biking, canoeing, fishing, March Madness and many other recreational activities. Two of Jim's children have disabilities themselves, making this work intensely personal for him.

JULIA SPRUANCE

Julia received her Bachelor's degree in Recreation, Sport & Wellness from Gordon College (Wenham, MA) and completed a second major in Fine Arts. After college, she worked as a Recreational Therapist at the Neville Center's Skilled Nursing facility in Cambridge and then the at PACE Elder Service Plan in Lynn for a total of three years. Since 2007, Julia has been heavily involved in the organization, Kupenda, which seeks to provide education and aid to children with disabilities in Kenya and Tanzania – she's co-lead multiple volunteer trips in Kenya working in schools, leading workshops, and in 2011 illustrated a Sign-Language handbook for parents still in use today. In 2016, she and a team of guides led three Kenyan young adults with disabilities to the summit of Mt. Kilimanjaro to raise awareness around disability in East Africa. Julia joined Waypoint Adventure's Program Team in 2013. She is Wilderness First Aid certified and holds a Climbing Wall Instructor certification through the AMGA. In their free time, she and her husband Joel enjoy camping, playing soccer, and canoeing with their dog.

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

WHO WE ARE

ACCESS RECREATION

B O S T O N

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STEERING COMMITTEE

Karen Foster, All Out Adventures*
Rachael Lee, DCR Universal Access Program
Tom McCarthy, DCR Universal Access Program
Anna McKeown, Concord Recreation*
Keja McEwan Spaulding Adaptive Sports Network
Mary Patstone, Spaulding Adaptive Sports Network
Jaclyn Ross, The Bridge 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

**Denotes current leadership team*



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