



“Sharing Our World with You”

Midwest Regional Disability Lifestyle Conference and Expo Session Descriptions

Saturday 9/29/07

10:00am-10:15am

Opening Session Welcome – Rosemarie Rossetti, Ph.D.

Sometimes things hit you unexpectedly. You have no time to catch your breath. Life is filled with uncertainties. Rosemarie knows from experience how to rebound from a tragedy and can help you live with uncertainty and rebound quicker when faced with a setback.

After a life changing event, this survivor, and fighter has become a model of courage. On June 13, 1998 she was left paralyzed when an 80' tree fell on her while she was riding her bicycle. In her keynote speeches, Rosemarie shares the lessons she has learned and demonstrates how to live life with conviction. She offers tangible ways to deal with the challenges of life through humor, motivating spirit and personal experience.

10:30am-11:45am

Concurrent Breakout Sessions

A. Bill Kipp: Fast Defense

FAST Defense represents the very latest technology available to train and empower people of all ages to defend themselves and take full control of their lives using the natural survival mechanisms of fear and adrenaline. *FAST Defense* starts with verbal skills to stop an attack before it becomes violent, and works up to physical skills at the appropriate level should the attack escalate.

Bill Kipp is one of the world's leading experts on adrenal stress scenario based self-defense. With over 16 years of teaching this highly specialized training, Mr. Kipp has logged well over 30,000 live adrenal stress scenarios against students ranging from Martial Arts Experts and professional fighters, to children, teens, moms, and dads with no previous training. Bill has graced multiple TV and radio shows and Magazines and has authored 3 videos.

B. Debbie Clement: Rainbows Within Reach

This presentation will explore ways to establish a strong musical foundation through song, rhythm, rhyme, finger play, and chant. You will learn how to enrich and expand your repertoire of songs with the utilization of props, costumes, puppets, storyboards, movement, and dramatization. Learn new songs that enhance self esteem, ease transitions, engage all learning styles, and bring the enjoyment of wonder.

Debbie Clement brings a patchwork quilt of experience to all of her performances from concert and stage to staff development. She has been a classroom teacher, and administrator, and now serves as a consultant for her company Rainbows Within Reach. She presents programs through the Greater Columbus Arts Council's Artist-in-the-Schools program and is featured in the catalog of performers for the Ohio Library Council. She has long been associated with Very Special Arts and the National Association for the Education of Young Children.

C. Tom Fish and Jillian Ober: The Ohio Americorp Inclusion Project

Involvement in community services benefits both people with disabilities and the organizations and communities they serve. This presentation will address the importance of involving people with disabilities in community service, ways to foster participation, and the role of National Service Inclusion and AmeriCorps in fostering such involvement.

Jillian Ober is a Certified Rehabilitation Counselor with a Masters degree in Rehabilitation Counseling. At the Nisonger Center, she manages programs that emphasize community inclusion and lifelong learning for adolescents and adults with mental retardation and developmental disabilities. She directs Young Adult Transition Corps, a program of the Nisonger Center that promotes community service, community access, and social skill development for youth with disabilities who are transitioning from school to adult life.



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Tom Fish is Director of Family and Employment Services at the Nisonger Center. He has a Ph.D. in Rehabilitation from Ohio State. Dr. Fish has extensive experience developing programs that promote community inclusion, independence, and productivity for individuals with intellectual disabilities and their families. His clinical and research interests center on family support, employment, independence, and community inclusion.

12:00pm – 1:15pm **Box Lunch**

Performances by Dancing Wheels \ Artist with Disabilities

1:30pm-2:30pm **Wheelchair Sports Demos**

A. Tennis (Outside)

B. Bill Kipp: FAST Defense

C. Trey Bates: Wheelchair Basketball (Gyms)

The Buckeye Wheelers will conduct a wheelchair basketball clinic and scrimmage. The clinic will cover the essential elements for beginners and intermediate players and coaches. OWSA will provide any handouts required; the clinic will require approximately 35 minutes and include:

Following the clinic time a game may be played involving volunteers from those attending for hand on participation. The game will be a controlled scrimmage and take about 20 minutes. Play during the game may be stopped to point out situations.

D. Brett Harbage: Quad Rugby (Gyms)

2:45pm-4:00pm **Concurrent Breakout Sessions**

A. Mary Verdi: Fletcher-Dancing Wheels

Dancing Wheels will present a workshop to explore different types of movement, some based on dance. Designed to appeal to the non-dancer/athletic mover or someone who just wants to move or dance, participants will investigate some new techniques such as Capoeira, a Brazilian/martial arts based movement, extreme wheelchair moves, and unusual partnering techniques. Participants will be introduced to physically integrated movement and dance and will explore new movement techniques. Educators and health professionals will receive information about teaching movement to groups of individuals with and without disabilities

Mary Verdi-Fletcher, a native of Cleveland, is president/founding artistic director and principal dancer of *Dancing Wheels*. Born with spina bifida, Mary founded Dancing Wheels in 1980 as a means for people with disabilities to explore the world of dance. Over the past 25 years Mary has had the distinct honor to work with numerous choreographers in many roles. Prior to her dance career, Mary was the first Attendant Care Coordinator for the Independent Living Center for the State of Ohio. She serves on numerous boards throughout Ohio including: Ohio Dance, ex-officio of Very Special Arts Ohio, and Community Partnership for Arts and Culture.

B. Mary Hiland: Ski for Light- “If I Can Do this I Can Do Anything”

Mary will relate the joys of cross-country skiing, and more specifically, describe Ski for Light and how it has changed her life.

Ski for Light is a weeklong program of cross-country skiing for visually or mobility impaired adults and sighted guides. The experience provides an opportunity to discover the joys of a winter sport and the thrill of overcoming challenges, thus the motto, “If I Can Do This, I Can Do Anything.” Handouts will include Ski for Light Brochures, Winter Sports Retreat Applications, and website addresses for other events



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Mary Hiland is the Executive director of the American Council of the Blind of Ohio. She has held this position since August of last year. Before that, she was the Director of Volunteers, for over 21 years at the radio reading service in Columbus. Her other vocations include full time mother, dance teacher, and freelance writer. She has been published in Red Book Magazine and in Chicken Soup for the Parents’ Soul. Mary is here today to tell us about the joys of cross country skiing, and more specifically, about Ski for Light and how it has changed her life.

B. Joe Szafarowicz – ILIVE (Independent Living Inclusion Vocational Experience)

ILIVE is an art program designed to enable individuals with disabilities, who have an interest in the arts, the opportunity to increase independent living and vocational skills through community-based vocational experiences. The participants learn how the arts can assist them in becoming active members of our community. Local artists without disabilities provide local artists with disabilities guidance.

To date, ILIVE artists have completed projects for the Erie Street Market ("art benches" and a 1500 sq.-ft., 3-dimensional mural), The Ability Center, and the Wolf Creek YMCA.

Mr. Szafarowicz taught school for thirty two years. Working with youth 12 – 18 years of age, Mr. Szafarowicz has developed programming, which teaches math, language arts and vocational skills through the study of art. Using many of the techniques developed in his youth programming Mr. Szafarowicz has developed programming for people with disabilities which focus on art as a tool to teach, build self esteem and provide vocational experiences for consumers.

The Independent Living Inclusion and Vocational Experience program (ILIVE) provides art training for consumers through live demonstrations by artists, job shadow opportunities and exhibitions of consumers’ art work.

Presently Mr. Szafarowicz is working with juvenile detention centers, elementary schools, retirement communities and with the Ability Center of Greater Toledo

Nate Thomson - Athens Photographic Project (Seeing Light in Recovery)

The Athens Photographic Project is a non-profit program offering recovery support to individuals with severe mental illness by providing the tools for photography and self-expression within an encouraging environment. The Project’s goal is to empower members in their re-discovery of identity, confidence and hope. Photographic exhibitions recognize members as artists and as leaders in the advocacy on mental illness. This service has been offered since June 2000, and is made possible through generous financial and resource contributions from the community; the Athens-Hocking-Vinton 317 Board; the Dairy Barn Arts Center; the National Alliance on Mental Illness (NAMI); the Ohio Arts Council and Ohio University.

Nate Thomson is the Project Director of the Athens Photographic Project. For ten years Nate has used the photographic process as a tool for self-discovery and self-expression. Having benefited personally from the process, he is now dedicated to understanding and sharing the empowering tool of photography with others. Nate studied fine art photography at Otterbein College and received a BS in photojournalism from Ohio University.

4:15pm-5:15pm

Wheelchair Sports Demos

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- A. Beep Baseball (Outside)**
 - B. Bill Kipp: FAST Defense**
 - C. Trey Bates: Wheelchair Basketball (Gyms)**
 - D. Quad Rugby (Gyms)**



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5:30pm–6:30pm

Adjourn – Vendor Exhibit tear down

7:00pm–10:00pm

Keynote Address – “For Crving Out Loud! I Told You Three Times.” Dr. William Bauer, Ph.D.

Dr. Bauer, who has a severe hearing impairment since early childhood, will give his life story of growing up with his disability. A brief overview of disability history and culture will be covered. He will offer reflections on how our past has affected the disability culture, and insights on how the present will affect our future. His humorous approach will have you on the edge of your seat. Come prepared to learn a lot, cry a little, and laugh much more.

In addition to being a top swimming coach, Dr. Bauer is a certified rehabilitation counselor for a private practice, works as a consultant at a local school district, and was a member of the Diversity Committee at Marietta College. He teaches courses on Exceptional Children and Sign Language, Educational Psychology and Research Design. He is the Director of the Master’s in Education Program at Marietta College. He is also a Senate-Appointed Commissioner for Ohio Legal Rights.

Sunday 9/30/07

10:00am–11:15am

Concurrent Breakout Sessions

A. Patty Mitchell: Community Arts Programs

The presentation will involve developing and expanding art programming that encourages employment, business opportunities, sustainable funding and community connections for underserved populations. An art project can be anything from a community fountain to a little book that fits in your pocket. See and learn about successful art projects between people with and without mr/dd in Chile, Kosovo, Thailand and the USA. Chances are you’ll be inspired to start your own art project and change your world!

Patty Mitchell is a working artist and social entrepreneur specializing in community collaborations. She has translated artworks into product with a focus on creating employment for underserved populations and funding streams for continued arts programming. Mitchell created Passion Works Studio, in Athens Ohio (1996), where today 38 artists with cognitive disabilities work. Mitchell has received a Distinguished Alumna Award from Ohio University, Individual Artist Award from the Ohio Arts Council, Citizen of the Year from Athens Civitan and The Keystone Award from Ohio University for outstanding community service.

B. Brett Harbage, Andy Mollica, Mike Fenster: Effective Development of Inclusive Adaptive Recreation Programs and Sled Hockey.

This presentation will cover how successful adaptive sports programs were developed in Southeast, Ohio, Columbus and Cleveland. There will be an explanation of how the programs went from small to “inclusive” within community organizations. Presenters will discuss how and why the programs were developed, effective methods for recruiting participants and volunteers, and positive benefits programs have on the families who participate.

Brett Harbage, a C-6 quadriplegic, is an Independent Living Specialist for the Southeastern Ohio Center for Independent Living. He plays wheelchair rugby for the Ohio Buckeye Blitz, is active on the Ohio Wheelchair Sports Association Board of Trustees and the Blaze Sports Columbus steering committee. He enjoys working with junior wheelchair athletes.



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Andy Mollica is President of Ohio Sled Hockey and a co-founder of the program. His responsibilities include most aspects of operations. He is a lawyer who practices in Athens and has a 12-year-old son who plays on the Columbus team.

Mike Fenster has been coaching the Columbus squad for several years and is the current head coach. He has undergone various coaching certifications and, based on experience, is the most knowledgeable person in the state in teaching the “nuts and bolts” of the sport to kids. He works in sales with MI Homes and is the father of an eight year old who plays.

C. Connie Goble and Nicola Eyre: Winning 4-H Plan

OSU Extension 4-H Educators have developed an awareness program for other 4-H Educators, volunteers, parents, and youth in which the participants live everyday experiences that our special needs population face daily. The Winning 4-H Plan is designed to create a positive environment for diverse special needs youth with caring adults. The program helps participants reach their fullest potential as capable, competent, caring and contributing citizens through 4-H programming.

Connie L. Goble is the Extension Educator for 4-H in Pike county. She has taught special needs youth in public schools for 21 years and has been a 4-H Educator for the last 6 years. Connie has two children, one with special needs, and a very supportive husband.

Nicola S. Eyre is the Extension Educator for 4-H in Highland county. She has a background in education, teaching in the public school system, and has been a 4-H Educator for 25 plus years. Nicola resides in Highland county with her husband

1:00pm-2:15pm

Concurrent Breakout Sessions

A. Nutrition: Ohio State University Master Chef - Patrick J. Murphy Jr.

As a native of Chicago, Chef Patrick J. Murphy Jr. was inspired by many of the city’s leading restaurateurs and culinary artisans. My interest in the field led me to a formal education at Washburn Trade School, where I displayed enthusiasm for learning all aspects of food preparation, presentation, and service. In addition to graduating with honors at the top of my class, my talents and hard work earned me many awards.

I have been in my vocation 20 + years, excited by the unique prospects of achieving the highest standards of quality in the planning, preparation, and presentation of both small and large banquet operations. I established a reputation for not only providing an exemplary product, but for the efficient management of budgets, staff and workplace during my 11 years at the Hyatt Corporation. Pursued by The Westin-Great Southern Hotel in Columbus, I was commissioned as Executive Chef overseeing all food operations. The hotel went from never receiving the AAA rating to receiving the AAA Four Diamond rating 5 years during my tenure.

I have always strived to create a working environment that also served as an education forum. I have utilized my experience to train apprentices and employees alike in all facets of the culinary arts.

B. Gary Russell and Krysta Rife: Golf (Chipping Your Way To Success or Rehabilitation Through Golf For People With Disabilities)

With golf as an example, individuals will learn practical methods and receive means to overcome obstacles in their lives. Through personal experience, Gary can show all people, young and old, with and without disabilities, that they can achieve their goals and dreams in spite of obstacles. Krysta will provide the audience with the history of Fore Hope Inc, including the mission, vision, and purpose of the organization. The presentation will outline the individuals that are served currently, locations where programs take place, fundraising events, and outcomes of the program.

Gary Russell has a Master of Arts in Clinical Pastoral Counseling and currently works with people with disabilities to help them find employment. Following a life-changing football injury, he has held many jobs, and, in facing and overcoming tremendous obstacles and frustrations, has learned lessons that he shares in interesting



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and funny ways. His passion is helping others achieve their potential.

Krysta Rife is responsible for expanding Fore Hope’s outreach to the central Ohio community. She and fellow golf professionals as well as a core of volunteers use the modality of golf to change people’s lives. She also works closely with the Ohio State University Professional Golf Management Program and their students to enhance lives as well.

Krysta is a graduate of the University of Findlay in 2005 with a Bachelor’s degree in Science focusing on Therapeutic Recreation. Her professional experiences include working with individuals with various types of disabilities in the community, Long term care facilities and rehabilitation hospitals.

C. LaWanda Cook: All Work and No Play-No Way!

This presentation for people with disabilities, professionals who work with them and family members will focus on work/play balance and how to achieve this when both work and play require considerable effort. Participants will learn how both work and leisure contribute to sense of purpose, productivity, social needs and overall well-being. They will learn of leisure activities that can fit into their lives and of ways to access community-based integrated leisure programs and to ask for accommodations that meet their needs.

LaWanda Cook has a BS in Rehab Services and an MS in Human Resource Management. She is a Certified Rehab Counselor and a PhD student in Leisure Behavior at the University of Illinois. She brings 20 years of experience in the human service profession, and a life-long personal experience with disability.

2:30pm-3:45pm

Concurrent Breakout Sessions

A. Dr. Bill Bauer-Competitive Swimming: An Inclusive Sport

Dr. Bauer a Level 4 ASCA Swim Coach will go over his successful all-inclusive swimming program. He will talk about program practices and touch on stroke technique drills to assist in the quest for the perfect stroke. He has coached able-bodied and people with disabilities for 25+ years. Several of Bill’s participants have achieved National Championships, become All-Americans, and have been named Great Lakes Zone Swimmers of the Year. He also has a paralympian to his coaching credits. He works very hard to include children of all abilities into his program of over 120 swimmers.

In addition to being a top swimming coach, Dr. Bauer is a certified rehabilitation counselor for a private practice, works as a consultant at a local school district, and was a member of the Diversity Committee at Marietta College. He teaches courses on Exceptional Children and Sign Language, Educational Psychology and Research Design. He is also the Director of the Master’s in Education Program at Marietta College.

B. Jill McQuaid: Changing Lives of Families Through Adapted Fitness & Recreation

As a family encounters professionals who diagnose their child with a disabling condition, a multitude of questions begin to stack up. This presentation is intended to empower families and professionals to better understand their role in advocating for a person with disabilities. In order to advocate, a caregiver or professional needs information about what it is they are advocating for. The information presented will empower and challenge all those in attendance to think about community inclusion being a right vs. a privilege and how to accomplish this idea of community inclusion for people of **all** areas of disability.

Jill McQuaid graduated from OSU in 1993 with a graduate degree in Special Education (Early Childhood). She worked at UCONN Health Center as an Early Intervention Specialist/Parent Advocate in the Child and Families Studies Department and at OSU as the Parent Coordinator for a grant funded Early Intervention Specialization project. She is currently a Special Education Project Coordinator at the OSU Nisonger Center. Here, she develops an innovative on-line transition preparation course for high school students with disabilities



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C. Bill Martell-Exercise and Disabilities

The presentation will cover the steps necessary to prepare, prescribe, and adapt a safe and productive exercise program for people with disabilities. You will receive information on choosing proper equipment, adaptive techniques for wheelchairs, resources for planning programs, and equipment suppliers.

Bill Martell is the Co-Director of Blaze Sports of Columbus and is on the staff at the City of Dublin Community Recreation Center. He has also been the driving force behind collaborative adaptive fitness programs between Blaze Sports and YMCA of Central Ohio.