

GOVERNOR JON S. CORZINE

along with

THE NEW JERSEY DEPARTMENT OF COMMUNITY AFFAIRS
and COMMISSIONER JOSEPH V. DORIA, JR.

cordially invite you to attend the

**30TH ANNUAL
GOVERNOR'S CONFERENCE ON RECREATION
FOR INDIVIDUALS WITH DISABILITIES**



Wednesday, May 20, 2009

at the

Crowne Plaza Monroe

390 Forsgate Drive, Monroe, NJ

(609) 655-4775

Presented by:



The “**CELEBRATING THE BEST OF THE BEST 30 YEARS OF PEOPLE, PRACTICES, & POSSIBILITIES**” conference is open to all individuals interested in promoting, implementing or participating in recreation services for individuals with disabilities.

Exhibitors from commercial, nonprofit, and state agencies and organizations will be available during the registration period and throughout the day with materials and information related to working with individuals with disabilities.



Keynote Speaker

Scott Chesney

International Speaker, “Life Coach” & Consultant

Scott Chesney, a two-time world traveler and a navigator of life with paralysis for two decades, has been described as a “profile in courage,” “a master of living life to its fullest,” and “a commander in change,” while addressing over one million people in 38 countries.

Dance Performer

Kitty Lunn

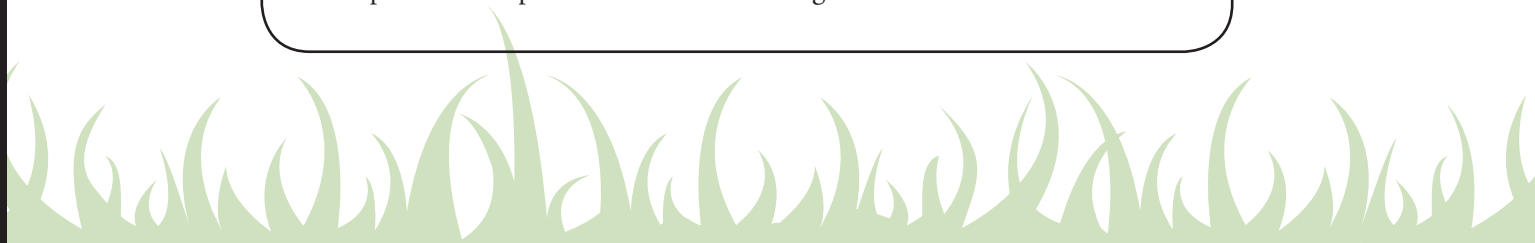
Founder, Infinity Dance Theater

Kitty Lunn’s non-traditional dance company features dancers with and without disabilities. A registered dance educator, she has developed a wheelchair dance technique strongly rooted in and growing out of classical ballet and modern dance. Ms. Lunn has not let disability slow her down.



Conference Schedule

8 a.m. to 9 a.m.	Registration & Continental Breakfast
9 a.m. to 9:15 a.m.	Welcome & Announcements
9:15 a.m. to 10:15 a.m.	Keynote Speaker: Scott Chesney
10:20 a.m. to 11:20 a.m.	Educational Sessions A, B, C, D, E, F
11:30 a.m. to 12:30 p.m.	Educational Sessions G, H, I, J, K, L
12:45 p.m. to 2:10 p.m.	Luncheon and Awards Ceremony
2:20 p.m. to 3:20 p.m.	Performance & Educational Session M
3:30 p.m. to 4:30 p.m.	Closing Educational Session N



Educational Sessions

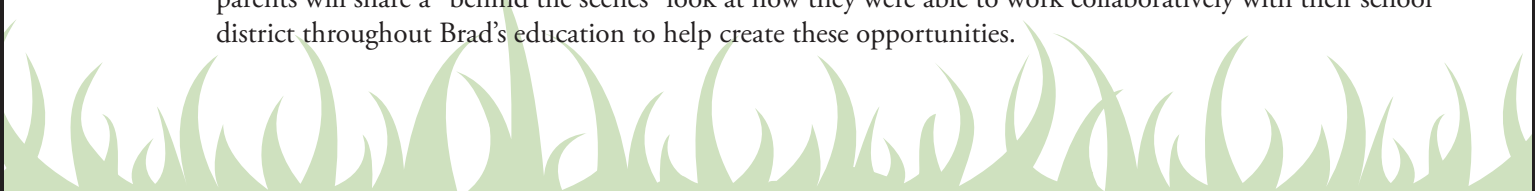


10:20-11:20 a.m.

- A. Facilitating Fitness and Gross Motor Development with Benjamin Lipman**
Review the developmental sequence and show how to incorporate fitness and movement to promote health and help students learn. Incorporating balance, strength training, obesity prevention, sensory integration, and motor learning in the classroom setting will be discussed.
- B. Yoga for People of All Abilities with Patricia West-Low, PT, MA, DPT, PCS**
Explore the possibility of including yoga postures, breathing, and music in recreation programs for persons of varied motor, cognitive, and sensory abilities and learn about the benefits of yoga for stress reduction, fitness, and overall wellness. Lecture will be followed by lab during which participants will explore the basic postures and learn how to modify each posture for people with special mobility needs.
- C. Creative Adaptive Activities for People with Alzheimer's Disease with Debbie Hommel, ACC, CTRS**
Specific recreation programs and activities that are effective in meeting the quality of life needs of the person with Alzheimer's Disease will be introduced. Specific adaptations in materials, approach, and technique will be discussed and individualized activities that are appropriate to each stage of the disease will be introduced.
- D. Stress Busters: An Alternative View with Roberta Feehan, RN, PhD**
This session will focus on the dynamics of the stress response in the body and alternative therapeutic techniques that can diminish the "wear and tear" on the body.
- E. Adaptive Adventure Sports with Trisha Yurochko**
Explore some of the many sports and activities that are available to individuals with physical disabilities and learn how simple adaptations can allow participation in activities with able-bodied peers.
- F. Not Far From Par: Eliminating Barriers to Life's Most Exclusive Clubs with Dr. Michael Kuchar**
Learn how golf can be used as an effective tool to improve the physical, emotional, and social skills of children and teens with autism. Dr. Kuchar will draw on his experience with the "Not Far From Par" Golf Program at the Bergenfield Public School District.

11:30-12:30 p.m.

- G. The Adaptive Circus with Benjamin Lipman**
Learn how to incorporate circus skill training to help students' gross motor and mental development. Instruction in juggling, balancing, and balloon sculpting will be covered.
- H. Yoga for People of All Abilities with Patricia West Low, PT, MA, DPT, PCS (repeat of 10:20 session)**
- I. Life Tools: Building a Path to Wellness with Carol Rickard**
This interactive session will focus on the best coping tools in the areas of stress, anger, communication, and leisure. Participants will be able to identify two new coping tools, will be able to verbalize increased insight and awareness, and will be able to identify two steps to improve communication.
- J. Behind the Scenes of Successful Inclusion in Athletics with Brad Hennefer**
Brad Hennefer, a 20-year-old self-advocate from New Jersey, will share his perspective on the importance of participating on his high school basketball and golf teams and earning varsity letters in both sports. Brad's parents will share a "behind the scenes" look at how they were able to work collaboratively with their school district throughout Brad's education to help create these opportunities.



11:30-12:30 p.m. continued

- K. Group Drumming is Good Fun AND Good for You with Mauri Tyler, CTRS**
Come experience two styles of group drumming – HealthRhythms and FitRhythms. These styles make it easy for people of any skill level and age to play together. No musical experience required. Learn the research behind therapeutic drumming and how to train as a facilitator.
- L. Transforming Lives Through Recreation with David DeNotaris**
This session will provide information on the role that recreation has in the lives of individuals with disabilities.

2:20-3:20 p.m.

- M. Dancing Through Barriers: Wheelchair Dance Performance and Workshop with Kitty Lunn**
Kitty Lunn, Artistic Director and Founder of Infinity Dance Theater in New York City, will give a performance showcasing the wheelchair dance technique that she developed, which is strongly rooted in the principles of classical ballet and modern dance. Her performance will be followed by an educational and instructional workshop in wheelchair dance.

3:30-4:30 p.m.

- N. Recreation for Life with Sarah Vazquez**
Last year's conference keynote speaker will provide information on the benefits of recreation and adaptations for inclusion into recreation activities.

Registration Information & Fees

Early bird registration is available at the reduced price of \$80. It includes Conference sessions, giveaways, continental breakfast, and luncheon. (For a full-time student with valid ID, early bird registration fee is \$60.) The early bird registration deadline is April 20, 2009.

Payment and/or voucher must accompany registration. Do not send cash. Payment may be made by check or credit card. MAKE CHECK PAYABLE TO: N.J. RECREATION AND PARK ASSOCIATION and forward to the Department of Community Affairs along with the registration form included in this packet. Receipts are available upon receipt of a self-addressed, stamped envelope.

After April 20, 2009, the registration fee is \$95 for all attendees. (PLEASE DO NOT REGISTER DIRECTLY WITH NJRPA). All registrations must be received by May 11, 2009.

Visit our website at www.state.nj.us/dca/divisions/dhcr/rec/ for updated information on what promises to be an outstanding 30th Conference. For registration questions or more information, call Micaela Hart at (609) 943-5852 or email her at: mhart@dca.state.nj.us.

Directions

Directions to **Crowne Plaza Hotel Monroe/Jamesburg**

390 Forsgate Dr., Monroe, NJ (609) 655-4775

NJ Turnpike north or south to exit 8a, after toll stay left. Go around ramp and make right into hotel parking lot.

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Wednesday, May 20, 2009

Registration Form

Please print clearly. Only one name per form.

NAME: _____

AGENCY/ORGANIZATION: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (work) _____ (home/cell) _____ E-mail: _____

SPECIAL ASSISTANCE REQUIRED: (e.g. interpreter – must notify 4 weeks before conference)

- A.S.L. Interpreter Other, please specify: _____
 Signed English Interpreter _____

Vegetarian? If yes, check here

Nonprofit organizations may bring materials for distribution at a resource table, provided a staff person from the nonprofit organization is registered for the conference and an additional fee of \$25 for a table has been paid in advance. **This opportunity is limited to nonprofit organizations.**

Will your nonprofit organization be displaying materials? Yes No (Additional \$25)

Payment Information:

\$80 per person (Students \$60)

5.0 PDUs available for educators & .5 CEUs pending (Additional \$10 for CEUs/PDUs).

- Registering for CEUs (Additional \$10)
 Registering for PDUs (Additional \$10)

Check enclosed: Check #: _____ Amt: _____

Make check payable to: **N.J. RECREATION AND PARK ASSOCIATION**

Voucher enclosed: Voucher #: _____ Amt: _____

Bill my credit card: VISA MASTERCARD Amt: _____

Card#: _____ Exp. Date: _____

Authorized Signature: _____

Please indicate sessions you are interested in attending:

A B C D E F G H I J K L M N

Kindly enclose this form with payment and MAIL to:

Patricia Swartz, NJ Department of Community Affairs, Office of Recreation, PO Box 811, Trenton, NJ 08625 0811

(PLEASE DO NOT REGISTER DIRECTLY WITH NJRPA.) NOTE: Participants must notify Patricia Swartz of intent to withdraw registration before registration closing date to ensure the return of registration fee.