

COURAGE KENNY REHABILITATION INSTITUTE®

Discover Abilities Virtual Expo

A virtual showcase of adaptive sports and recreation, presented by Coloplast

WHEN

Saturday, April 24, 2021
9 a.m. - 4 p.m.

WHERE

Join us virtually
from your computer,
tablet, or phone!

**FREE EVENT –
TELL YOUR FAMILY
AND FRIENDS!**

Register online

AllinaHealth.org/DiscoverYourSport

More info

Courage Kenny
Rehabilitation Institute,
Sports & Recreation
Department
612-775-2277
CKRISportsRecreation@Allina.com



Join us virtually at the annual regional showcase of adaptive sports and recreation opportunities. This event will allow you to explore all the Midwest has to offer in the world of adaptive sports and recreation, resources, programs, and opportunities to stay physically, mentally and socially active from home and within your community. There will be virtual presentations, demonstrations, fitness classes, and various other activities offered throughout the day!

alpine skiing, floor hockey, fishing, fitness, cycling, classes, art, dance, geocaching, golf, kayaking, lacrosse, martial arts, mountain biking, Nordic skiing, theater, outdoor recreation, rock climbing, rowing, rugby, power soccer, sailing, scuba, sled hockey, softball, tennis, swimming, gymnastics, tai chi, yoga, wheelchair basketball, wheelchair rugby, and more!

Allina Health 

**COURAGE KENNY
REHABILITATION
INSTITUTE®**



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Discover Abilities Virtual Expo Schedule - April 24, 2021

Hosted by Courage Kenny Rehabilitation Institute – Adaptive Sports & Recreation, presented by Coloplast

Register for individual events by clicking the event title below.

Time	Educate	Engage	Explore
9:00 a.m.	Seizure Smart Training Epilepsy Foundation of Minnesota	Move With Me Virtual Fitness Class Courage Kenny Rehabilitation Institute – Aquatics & Fitness	Adaptive Cycling 101 Twin Cities Adaptive Cycling, Courage Rehabilitation Institute, Perennial Cycles
9:30 a.m.			
10:00 a.m.	The Holistic Approach to Better Mechanics for Athletes Dr. Amanda Miller, DO, Allina Health PM&R	Parkinson’s Wellness Workshop: Boxing (Open to All) Rock Steady Boxing – St. Paul	Everyone belongs in the outdoors: How Wilderness Inquiry makes it happen Wilderness Inquiry
10:30 a.m.	A Twin Cities nonprofit using the power of design to benefit youth with life-limiting conditions Joy Collaborative	Parkinson’s Wellness Workshop: Qigong (Open to All) Dragon Crane Martial Arts	
11:00 a.m.	VIRTUAL BOOTHS (11 a.m.- 12 p.m.)		
11:30 a.m.	Journey to Sports - Empowering Independence Panel Discussion Panel discussion with Joe Delagrave (Captain of USA Wheelchair Rugby), Thomas Cloyd, and Jamie Groth, Hosted by Coloplast	Instagram Live with Darlene Hunter of USA Women’s Wheelchair Basketball Team	Deep Dive: Adaptive Scuba Diving Midwest School of Diving and Veterans Scuba
12:00 p.m.		Generation POUND, Rhythm Based Movement for Kids Twin Cities Music Therapy	
12:30 p.m.	The Art of Access and Engagement Upstream Arts	Therapeutic Music for Older Adults Twin Cities Music Therapy	Hockey For All Minnesota MN Special Hockey, MN Sled Hockey, MN Blind Hockey
1:00 p.m.		An Introduction to Adaptive Yoga (Ages 14+) Mind Body Solutions	
	VIRTUAL BOOTHS (1-2 p.m.)		
1:30 p.m.	VIRTUAL BOOTHS (1-2 p.m.)	An Introduction to Adaptive Yoga (Ages 14 and Under) Mind Body Solutions	VIRTUAL BOOTHS (1-2 p.m.)
2:00 p.m.	Introduction to Adaptive Video Gaming Courage Kenny Assistive Technology	This is Me: Singing/Vocal Exploration Northern Starz Center for the Performing Arts	This Equipment Costs How Much?! Courage Kenny Rehabilitation Institute
2:30 p.m.		This is Me: Singing/Vocal Exploration (Ages 10+) , Northern Starz Center for the Performing Arts	
3:00 p.m.	Coming Together to Move Forward: Clinical Research, Personal Experience, and Advocacy within the SCI Community Rob Wudlick (GUSU), Joe Dailey (GUSU), Matthew Rodreck (United 2 Fight Paralysis), Brionn Tonkin MD	All Abilities Dance - Youth Young Dance	Adaptive Recreation Opportunities with Three Rivers Park District Three Rivers Park District
3:30-4 p.m.		All Abilities Dance - Adults Young Dance	

Discover Abilities Expo

A regional showcase of adaptive sports and recreation

Virtual Booths

Saturday, April 24, 2021 | Virtual Booths available between 11 a.m.-12 p.m. and 1 p.m. – 2 p.m.

The Discover Abilities Expo Virtual Booths are an opportunity to meet our community partners in a virtual format. The below organizations will be available to answer questions and tell you more about what they do and how you can access their services. You can freely come and go in these virtual booths. We hope you are able to meet some of our fabulous community partners.

**Click on the title links below to access each organization's virtual booth between
11 a.m. – 12 p.m. and 1 p.m. – 2 p.m.**

<u>Adaptive Sailing - LHYC</u> Experience pure joy. Our Adaptive Sailing program gets disabled sailors out onto Lake Harriet in 12 foot long keel boats.	
<u>Capable Partners</u> Organization's goal to make the outdoors accessible for physically disabled people. Activities include hunting, fishing, ATV rides & more.	 Capable Partners <small>Making the Outdoors Accessible for Over 50 Years</small>
<u>City of Brooklyn Park Adaptive Recreation</u> ... Come learn about Adaptive Recreation programs and Inclusion Services offered at The City of Brooklyn Park!	
<u>Clownfish Swim Club</u> Clownfish Swim Club provides a swim team environment for children and young adults with disabilities. Our program runs year around.	
<u>Courage Kenny Aquatics & Fitness</u> Courage Kenny fitness, wellness and pool services are for people of all ages and abilities.	 COURAGE KENNY REHABILITATION INSTITUTE
<u>Courage Kenny Sports & Recreation</u> Offers adaptive competitive sports and recreational activities in the Twin Cities area and Duluth.	 COURAGE KENNY REHABILITATION INSTITUTE

Discover Abilities Expo

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[Dragon Crane](#)

Dragon Crane opens doors to whole-body martial arts training, taught through the lens of wellness, and accessible to all.



[Rock Steady Boxing](#)

Rock Steady Boxing is a non-contact boxing training program for people who have Parkinson's.



[Epilepsy Foundation of Minnesota](#)

EFMN is a patient advocacy organization that offers programs and services for individuals and families impacted by epilepsy.



[FREE-DAPTIVE Divers](#)

Our mission is to provide SCUBA opportunities and to overcome obstacles to SCUBA diving for individuals with disabilities.



[Freedom Concepts](#)

Designing adaptive bikes and alternative seating for mobility, therapy, and fun since 1991. Give us the need. We will find the concept.



[GUSU](#)

Get Up Stand Up is a nonprofit organization in MN working to unite, educate and support those dealing with SCI and to advocate for research.



[Highland Friendship Club](#)

Highland Friendship Club serves teens - adults by providing opportunities to develop lifelong skills, friendships & community connections.



[Hanger Clinic](#)

Hanger Clinic creates customized solutions for people of all ages, including state-of-the-art prostheses, braces, cranial helmets, and other devices designed to increase the mobility and function of each person we serve.



[Lions United Fitness Center](#)

Helping individuals to awaken their inner lion through fitness. Instead of fitting in, we teach our lions to stand out and use their gifts.



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<p><u>Minnesota Millers</u></p> <p>The Minnesota Millers is a beep baseball team for the blind, visually impaired and is part of the Minnesota Fighting Lions organization.</p>	
<p><u>Minnesota Sled Hockey Association</u></p> <p>The MN Sled Hockey Assc oversees youth and adult sled hockey in MN, with teams in various locations throughout the state to serve all areas.</p>	
<p><u>North Star Community Rowing</u></p> <p>Try a new sport! Learn how to row and meet other adaptive athletes in the Twin Cities - no experience necessary.</p>	
<p><u>Northern Starz Theatre Company</u></p> <p>Theatre Company with many programs for all ages and ALL abilities! Join us at CAMP this year, August 5th-12th.</p>	
<p><u>Reach for Resources</u></p> <p>Offering individualized services that maximize independence, community involvement, & improve physical & mental well-being.</p>	
<p><u>Rumi</u></p> <p>Rumi helps individuals with a disability waiver live independently by connecting them to supportive roommates.</p>	
<p><u>SwimPossible</u></p> <p>1:1 adaptive swim lessons for those who are not served by traditional lessons. We strive to be safe, fun, calm, and confidence building.</p>	
<p><u>The Perfect Fit</u></p> <p>We offer Muscle Activation Technique (MAT) which can restore neuro-muscular function & correct muscle weakness & Adaptive Personal Training</p>	
<p><u>Twin Cities Music Therapy Services</u></p> <p>We provide virtual and in-person music therapy sessions with people of all ages and abilities in the Twin Cities Metro.</p>	

Discover Abilities Expo

A regional showcase of adaptive sports and recreation

Upstream Arts

Upstream Arts uses the power of the creative arts to activate and amplify the voice and choice of individuals with disabilities.



U.S. Para Nordic Skiing

U.S. Paralympics Nordic Skiing is national governing body for US Para Nordic. We are committed to growing the sport on all playing fields.



Wayzata Adaptive Sailing

Wayzata Adaptive Sailing extends our slogan of 'Sailing for Everyone' to allow people of all abilities to sail a standard sailboat.



Young Dance

At Young Dance, we believe that every body can (and should!) dance. We offer integrated dance classes and a youth performing company.



Discover Abilities Expo

Presentation Description and Bios

EDUCATE SESSIONS, Presented by Thomson Reuters

Organizations providing education, advocacy and awareness. Learning about the person.

Epilepsy Foundation Seizure Smart Training - Presented by Erik Williams

Presentation Description

Seizures can be unpredictable and seldom happen in convenient locations. A person who experiences a seizure in a park, at school, on an airplane, or any number of places may need to rely on the people around them to recognize what's happening and help keep them safe until the seizure passes. This Seizure Smart Training from the Epilepsy Foundation of Minnesota teaches basic seizure recognition and response and corrects the common myths and misconceptions surrounding epilepsy. Since 1 in 10 people will have a seizure during their lifetime, it's important that 10 in 10 people know how to help.



Presentation Goals/Objectives

- Define Epilepsy and Seizures
- Identify the four leading types of seizures
- Learn the Appropriate responses to seizures in a variety of environments
- Increase Knowledge of available treatment options

Who is Erik Williams?



Erik Williams is the West Metro Regional Outreach Manager for the Epilepsy Foundation of Minnesota. He gives Seizure Smart trainings and presentations to organizations and schools, provides information and referral services, and brings the epilepsy community together through connect groups, social events and summer camps.

The Holistic Approach to Better Mechanics for Athletes - Presented by Dr. Amanda Miller

Presentation Description

The holistic approach to better mechanics for athletes: Utilizing a hands-on approach of osteopathic manipulative treatment to improve muscle length, structural alignment and pain allowing for improved mobility, and range of motion in sport. Treatment techniques will be discussed for the shoulder, spine and pelvis.



Presentation Goals/Objectives

- Educate athletes on osteopathic manipulative treatment techniques in relation to adaptive sports

Who is Dr. Amanda Miller?



Mandy Miller DO is a board-certified PM&R and Spinal Cord Injury Medicine physician who is currently practicing at Courage Kenny Golden Valley. She completed her training at Washington University in St. Louis and Rutgers University where she was able to be involved in adaptive sports with DASA St. Louis, VA St. Louis and Wheelchair Games. She has performed OMT (osteopathic manipulative treatment) on multiple athletes from varying sports including swimming, cycling, wheelchair rugby, wheelchair lacrosse and scuba, as well as many patients for everyday pain relief from wheelchair propulsion. She is very passionate about sharing her holistic approach to functional mobility to help athletes improve mechanics and pain.

Discover Abilities Expo

Presentation Description and Bios

Journey to Sports - Empowering Independence Panel Discussion, Presented by Coloplast

Presentation Description

Hear from three individuals, Joe Delagrave (Captain of USA Wheelchair Rugby Team), Thomas Cloyd, and Jamie Groth, about their journey in sports and life and how they have been empowered to reach full independence. Panel Discussion, presented by Coloplast, will include stories, input, strategies on bowel and bladder management, creation of a healthy lifestyle and next steps in life from three individuals each uniquely impacted by disability.

Presentation Goals/Objectives

- Promote strategies to become independent for individuals with disabilities
- Discuss important aspects to independence and sport

Who are the Panelists?

This session will feature panelists Joe Delagrave (captain of Tea USA Wheelchair Rugby team), Thomas Cloyd, and Jamie Groth.



Joe Delagrave captivates his audiences by using his heart gripping life experiences, humor, storytelling, and background as a professional counselor to be relatable, authentic, and real. He believes that we all have the responsibility to take control of our own lives despite our circumstances. We get a choice to play the victim card or find our victor mindset.

Joe Delagrave has over 13 years of experience on the National Wheelchair Rugby Team. He is a Paralympic bronze medalist, and as a captain for over eight years, he has proven leadership as the team has been podium contenders each year. With that athletic mentality, Joe captivates and motivates people to find that competitive fire within themselves no matter the obstacle. Life threw Joe a curveball, but he rose above to find

the opportunity in his circumstances. Joe works with leaders and organizations to develop plays and action plans for success as we all strive to get that Gold.



Thomas was born and raised in Edina, MN and looks back fondly at his time growing up in Minnesota. In 2012, at age 25, he dove off of a boat and suffered a c5 spinal cord injury resulting in paralysis below his chest and limited hand and arm function. Though not his preferred life plan, through substantial effort, support, and luck he has taken back the life he wants... for the most part. After co-founding an SCI research non-profit and graduating with an MBA from the University of Minnesota, he now lives independently in Oakland, CA working full-time and navigating all the ups and downs of adulthood with the added spice of quadriplegia. Thomas firmly believes in the power of peer support to enhance the lives of individuals with disabilities and credits his time playing quad rugby at Courage Kenny as an essential step to gaining his independence.

Thomas wouldn't be where he is today without help from others, and he is committed to paying that help forward in any way he can.



Jamie Groth is an elementary teacher but more importantly a wife and mom to 2 kids; a daughter, age 12, who lives with Spina Bifida, and a son, age 10. She believes deeply that staying active and involved is instrumental to her daughter maintaining a healthy life.

Discover Abilities Expo

Presentation Description and Bios

Joy Collaborative –

A Twin Cities nonprofit using the power of design to benefit youth with life-limiting conditions

Presentation Description

Joy Collaborative Founder and Executive Director Mark Ostrom together with Julie, a Twin Cities Mom, who is the parent of our most recent Joy Room Recipient, will share the process in creating her son's Joy room coined "Bennett Park".



JoyCollaborative

Bennett, age 10, is challenged with muscle control and lack of physical strength as a result of his Spina Bifida. "Bennett Park" was created to be a flexible space to maintain his motivation for exercise as well as provide activities to assist in recovery from multiple surgeries, enhance friendships and support academic progress. Join Mark and Julie as they share a video on the project and how over 20 individuals contributed time and resources in the creation of this functional and fun space. Understand how Joy Collaborative harnesses the power of volunteerism to help support valuable daily living for Bennett and other kids with life-limiting conditions.

Joy Collaborative is a Twin Cities non-profit creating life-enhancing spaces for youth with life-limiting conditions.

Presentation Goals/Objectives

- Discuss the impact and importance that Joy Collaborative and their volunteers serve
- Introduce "Joy Rooms" and criteria for nomination
- Showcase recent recipient room, "Bennett Park"

Who is Mark Ostrom?

With nearly three decades in the architecture and design industry Mark took the bold step of combining his love for design and his passion for helping others into Joy Collaborative. Founded in 2019 on a shoestring budget and a rolodex filled with colleagues, Mark officially launched Joy Collaborative. Joy Collaborative is a group of impassioned doers and volunteers who help create spaces for kids with life-limiting conditions. The first Joy Collaborative space "Brave Bear" was created for Kodiak a Twin Cities child with a rare genetic disorder. The spaces are created through partnerships with the architecture & interior design community and financial donations from the corporate community. The Twin Cities 501©(3) expects to create up to 10 projects in 2021. The organization is enriched by partnerships with Lifetime Fitness, the Minnesota Twins, Twin Cities Orthopedics, and other generous organizations contributing to the wellbeing and advancement of youth.



The Art of Access and Engagement- Presented by Matt Guidry of Upstream Arts

Presentation Description

The Art of Access and Engagement offers a framework for building connections with, and authentically engaging those you work with that moves beyond traditional attitudes and ideas about accessibility. Using activities from Upstream Arts' unique multidisciplinary arts curriculum, we present a guide for preparing your environment, culture, and curriculum to be the most accessible for the most diverse community. Our approach is non-judgmental, interactive, and fun! The session is designed for educators in k-12 settings, disability support staff, program directors, teaching artists, family members, and caregivers.



Discover Abilities Expo

Presentation Description and Bios

Presentation Goals/Objectives

- Engage your innate creativity to diversify the ways in which people with disabilities of all ages are included and welcomed into your work.
- Discover new engagement strategies, curriculum/programming ideas, and practices to cultivate inclusion
- Learn tools and best practices for universally designing educational programming, arts events, and community spaces to be more accessible and welcoming for individuals of all ages and abilities.

Who is Matt Guidry?



Matt is the Co-Founder/Artistic Director of Upstream Arts. Since 2006, Upstream Arts has been developing a creative practice for empowering individuals with disabilities at every stage of life, facilitating 100+ residencies a year with schools, adult day programs, and community organizations. Matt leads the design of Upstream Arts' multidisciplinary arts curriculum and residencies, oversees the training of the organization's roster of 30 Teaching Artists, and develops professional development in line with emerging trends in arts, education and the disability sector. Upstream Arts creates shared experiences for the greater community to see, hear, and listen to the stories and contributions of the disability community—undermining stigma, promoting a culture of awareness, and building connections across communities.

Matt has been working as an actor, director, choreographer, producer, and educator in the Twin Cities since 1992, including performing with Ten Thousand Things, Guthrie Theatre, Pillsbury House Theatre, Frank Theatre, Margolis Brown/Adaptors, and as Co-Founder/Artistic Director of The Burning House Group. Matt is also the proud parent of a young man with physical and intellectual disabilities.

Moving Forward: The intersection of clinical science, personal experience, and advocacy within the Spinal Cord Injury community.

– Presented by Brionn Tonkin, Rob Wudlick, Joe Dailey and Matt Rodreick

Presentation Description

Join Brionn Tonkin, MD (VA, HCMC, UMN PD), Rob Wudlick (UMN Research, GUSU), Joe Dailey (GUSU) and Matthew Rodreick (Unite2Fight Paralysis) as they discuss how these three aspects and physical activity come together, and how we can push forward to provide more opportunity within sports, fitness and recreation programming.



Who are the Presenters?

Discover Abilities Expo

Presentation Description and Bios



Matthew Rodreick, father to a son with SCI, Executive Director at Unite 2 Fight Paralysis, Board Member at Get Up Stand Up 2 Cure Paralysis and former Executive Council Member at the North American SCI Consortium. Lives in Minneapolis, MN.



Brionn Tonkin, MD is an assistant professor at the University of Minnesota's Department of Rehabilitation Medicine. His clinical practice involves adaptive sports, musculoskeletal and brain injury medicine.

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Presentation Description and Bios

ENGAGE SESSIONS

Engage in new activities that challenge how you think of health, wellness and personal expression.
Taking care of your person

Move with Me Fitness Class

Presented by Shayna Grassl of Courage Kenny Rehabilitation Institute-Stillwater

Presentation Description

Move with Me is a virtual fitness hour where we hope to encourage you to get their work out on! This hour will consist of different components of exercise including warm-up, strengthening, cardio, stretching, and relaxation. This can be done with little to no equipment. If those participating do not have light dumbbells, you can use canned items or just do the motions of the exercises without any weight. For the last 10 minutes, we will do a relaxation component where we will allow all to get comfortable, lay back, and clear their minds.



Presentation Goals/Objectives

- Participate in a fun, yet beneficial fitness hour
- Enhance overall well-being of participants
- Promote Courage Kenny's Virtual Fitness Options

Who is Shayna Grassl?



Shayna Grassl is a fitness and aquatics intern at Courage Kenny Rehabilitation Institute- Stillwater. She attends University of Wisconsin- La Crosse majoring in therapeutic recreation with a minor in psychology. She hopes to attend occupational therapy graduate school after graduating in from UW-L in May.

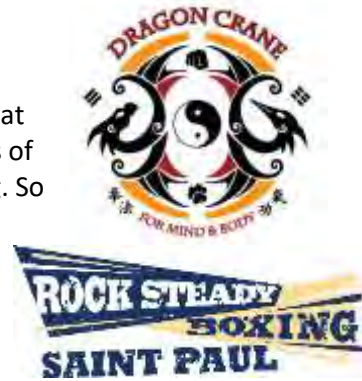
Discover Abilities Expo

Presentation Description and Bios

Parkinson's Wellness Workshop: Boxing & Qigong – Presented by Rock Steady Boxing Saint Paul and Dragon Crane

Presentation Description

Tremor. Rigidity. Freezing. Loss of balance. Poor posture. You know how Parkinson's disease affects movement. Medication can help, but did you know that movement and exercise can also help? Research has found that exercise can significantly improve both motor and non-motor symptoms of PD. It can also enhance strength, stamina, mood, and general well-being. So come move with us! This workshop is for people who have Parkinson's disease, but we welcome anyone who wants to learn some basic boxing skills and Qigong techniques. No experience and no equipment required. Just wear comfortable clothing and clear a little space in your living room so you can move.



Presentation Goals/Objectives

- Introduce basic boxing and Qigong skills to people who have Parkinson's disease and other movement disorders so they can see how movement can help them feel better
- Introduce basic boxing and Qigong skills to anyone who wants to improve balance, posture, agility, strength, conditioning, breathing and energy
- Get moving, get sweaty, have fun!

Who are the Presenters?

Kim Heikkila is a coach and program co-director of Rock Steady Boxing (RSB) Saint Paul. She helped open the first RSB program in the state of Minnesota in May 2016 at Uppercut Gym. When Uppercut closed in 2019, its RSB program merged with the new program at Element Gym in St. Paul. Kim has been boxing since 2005 and a boxing trainer since 2010.

Katie Grove is a coach and program co-director at Rock Steady Boxing Saint Paul, which she helped establish at Element Gym in 2019, just before the Uppercut crew came calling. Prior to her involvement with RSB, Katie was an athletic trainer at Indiana University. She was inducted into the National Athletic Trainers' Association Hall of Fame in 2015.

Robyn Mathews-Lingen is founding director of Dragon Crane Inc., a non-profit bringing martial arts-based wellness programming to anyone who wants to learn, regardless of ability to pay. She is a 5th degree black belt in Shaolin Kenpo Karate, and the only woman in the U.S. certified to teach Ting Sing Qigong under Floating Monk master Jeff Larson. She is a certified personal trainer and has completed certification with the Brian Grant Foundation Parkinson's exercise training program.

Discover Abilities Expo

Presentation Description and Bios

Generation POUND® and Therapeutic Music for Older Adults – Presented by Twin Cities Music Therapy

Presentation Description

Generation POUND® is a music and rhythm-based movement program developed just for kids.



Therapeutic Music for Older Adults: These classes are designed for older adults at home or in Long Term Care Facilities. These classes include experiences such as singing along with familiar popular songs, moving or stretching to music, and guided relaxation through music.

Presentation Goals/Objectives

- Generation POUND®: Benefits of this course include physical wellness, social interaction, motor coordination, and improved mood
- Therapeutic Music for Older Adults: Benefits of this experience include strengthening movement, improving mood, socialization and enhancing quality of life.

Who are the Presenters?



Mike LimBybliw, MT-BC is a board-certified music therapist, certified POUND® instructor, and professional drummer. He has experience working with people of all ages and abilities, using music and his passion for drumming as modalities to promote health, wellness, and development.



McKenna Selissen, MT-BC is a board-certified music therapist who specializes in working with older adults and adults with disabilities. She has creatively adapted music therapy sessions to virtual formats during COVID-19 restrictions, and has found that music can transcend the screen, supporting clients' mood and overall wellness during a time when support is especially needed. In addition to structuring Group and Individual Telehealth Music Therapy Sessions, McKenna has created a new Virtual Therapeutic Music program for older adults. The virtual format of this class allows individuals from multiple homes and care centers around the country to feel connected and supported through music.

Discover Abilities Expo

Presentation Description and Bios

Introduction to Adaptive Yoga - Presented by Christine Paul of Mind Body Solutions

Presentation Description

Experience a yoga class that focuses on allowing you to move, play, feel and connect in a way that works for you in your own body. Join Christine Paul in sharing a practice that allows for mind-body connection through core sensations such as grounding, expansion, rhythm and balance. You'll feel better in your body with curiosity and play. At Mind Body Solutions, we help people reconnect with their whole body regardless of their ability to move, their trauma or pain. When you feel more in your body, you bring the best of yourself into the world.



Presentation Goals/Objectives

- Participants in this session will learn simple mind-body practices
- Yoga is for everyone - participants will experience ways to bring yoga into their lives and experience sensations of grounding, expansion, rhythm and balance
- Participants will learn to feel more in their body and live in larger spaces

Who is Christine Paul?



Christine is a yoga instructor and faculty member at Mind Body Solutions, a non-profit yoga studio internationally recognized for adaptive yoga. Her teaching focuses on the universal principles making yoga accessible to people of all abilities. She teaches gentle and adaptive yoga and has the Opening Yoga Instructor certificate, a specialization in teaching to anyone, including people living with neurological deficit, PTSD, mental health conditions and the elderly. Christine is also a vocational rehabilitation counselor and teaches mind body skills. My intention as a teacher is to allow you to slow down and connect inwardly with a sense of playfulness leading you to open to your true, authentic self. Within yoga there's a message of hope and wellness I want to share with others.

Discover Abilities Expo

Presentation Description and Bios

All Abilities Dancing – Presented by Young Dance

Presentation Description

Young Dance presents An Introduction to All Abilities Dancing, where individuals with and without disabilities are equal participants in the exploration, creation, and performance of dance. In this introductory workshop, participants will explore creative expression through movement. We each have a unique movement vocabulary. We will use the physicality we each bring to the workshop to build connections with each other and create dances that can be shared with others.



Session 1 will be geared towards individuals 11 and under. Older family and companions are welcome to join in as well!

Session 2 will be geared towards teens and adults - individuals 12 and older.

Presentation Goals/Objectives

- This is a participatory workshop. Everybody can (and should!) dance! We all feel emotions in our body and express those feelings all the time. Come prepared to move! Using your unique abilities, we will explore and share the stories that reside in our bodies.

Who is Gretchen Pick?

Gretchen Pick - Young Dance Executive Director, has led the All Abilities Dancing initiative at Young Dance since 2010. Working with dancers of all abilities, as a teacher and as a dance artist has transformed her perspective on dance. She has developed curriculum to integrate individuals with and without disabilities as equal participants in the exploration, creation, and performance of dance. Through this programming, she has introduced dance to over 600 individuals, of all ages and abilities, in Young Dance classes and performances, school residencies, workshops with adult day programs, classes in juvenile detention facilities, and professional development workshops with teachers.

Ms. Pick has choreographed numerous dances featuring casts of dancers with and without disabilities,



including collaborations with Minnesota Chorale, composer Sarah Miller, and Gaelynn Lea. Ms. Pick has performed in integrated dance performances created by Maria Gomez Tierney and Angelique Lele. Young Dance offers classes for all ages. Specific All Abilities Dancing classes focus on developing relationships across abilities through movement, but individuals with disabilities are welcome into any of our classes. You can find out more about Young Dance classes at www.youngdance.org.

Discover Abilities Expo

Presentation Description and Bios

This Is Me: Singing/Vocal Exploration – Presented by Emily Najjar of Northern Starz Center for the Performing Arts

Presentation Description

In this course, students will experience a virtual vocal rehearsal in which they will learn and perform an excerpt from the hit song featured in The Greatest Showman, "This is Me". Vocal parts will be taught and reinforced aurally, visually, and kinesthetically through a call and response method paired with slides offering visual cues for entrances and physical motions aligning with pitches. Throughout rehearsal, community building activities will allow these individuals to transform into a supportive community of learners.



Presentation Goals/Objectives

- Establishing a sense of community and support among learners
- Performing as a virtual vocal ensemble
- Responding to visual cues
- Revising performance based on feedback

Who is the Emily Najjar?



Emily's music career began at age 6 when she joined the Children's Choir at Nativity of Mary Church in Bloomington. For almost 30 years, she continued to study and teach choral and instrumental music. After earning a Music Degree from Gustavus Adolphus College in 2006, Emily has worked with students of all ages as a freelance piano teacher, vocal director at Northern Starz Children's Theatre, conductor for the ComMUSICation performance choir in Saint Paul, and Children's Choir director at Nativity of Mary. Recently, Emily returned to school earning a Music Education degree from UMN. She has most recently taken on the role of Music Specialist at Community of Peace Academy in Saint Paul.

Discover Abilities Expo

Presentation Description and Bios

EXPLORE SESSIONS

Exploring possibilities and challenging oneself physically, mentally and emotionally through sports and recreation pursuits. Challenging your person.

Introduction to Adaptive Video Gaming – Presented by Matthew White and Jamis Wehrenberg of Courage Kenny Rehabilitation Institute Assistive Technologies Department

Presentation Description

Are you interested in learning about adaptive video gaming? Come hear about the technologies available to get your game on! The presentation will discuss accessibility options designed for people with limited mobility. Also hear from an expert gamer who uses only his mouth to play the action-packed game Fortnite. There will be time for Q & A



Presentation Goals/Objectives

- Learn about perceived benefits of video gaming
- Identify a few commercially available adaptive gaming controllers
- Hear from an experienced adaptive gaming player

Who are Matthew White and Jamis Wehrenberg?



Matthew is an Occupational Therapist and the supervisor of the Assistive Technology department at Courage Kenny Rehabilitation Institute. Prior to becoming the supervisor, he had over 17 years of experience in both acute and outpatient therapy focused on neurological and spinal cord injuries. His roles included lead therapist for Advanced Rehabilitation Technologies and Instructor Scientist at the Institute, which allowed him to participate in research and developing advanced therapeutic interventions.



Jamis Wehrenberg is an Assistive Technology Specialist with the Courage Kenny Rehabilitation Institute in Golden Valley, Minnesota. Jamis has a background in Information Technology (IT) Management with a focus in the healthcare field for the past 5 years. Jamis also has extensive experience working with individuals with varying abilities and diagnoses. For over 20+ years, Jamis has worked hard to promote independence in day program settings, corporate foster care settings, self-advocacy groups, and his own licensed in-home foster care residence. His passion for assistive technology developed when he saw firsthand how adapted technology improved and enriched the everyday life of the individuals he cared for.

Discover Abilities Expo

Presentation Description and Bios

Everyone Belongs in the Outdoors: How Wilderness Inquiry Makes it Happen - Presented by Anne Strootman

Presentation Description

At Wilderness Inquiry we believe everyone belongs in the outdoors. For over 40 years we've embodied this by connecting individuals of all ages, backgrounds, and abilities to each other and the natural world through shared adventures and experiences. Join us to learn about accessibility in the outdoors and find out how you can be a part of it. We'll discuss our approach to inclusion in the outdoors, adaptive equipment, and supported programming.



Presentation Goals/Objectives

- Learn about ways to enjoy the outdoors in a supportive environment

Who is Anne Strootman?



Anne has been a part of Wilderness Inquiry since 2018. In her role as Customer Service Manager she is the first voice participants hear as they register for programming. She works with participants to find trips that are best suited to their abilities and ensures that the correct supports are in place to make each adventure successful. Prior to joining WI, she worked for Osseo Area Schools in various roles including special education support and resource management.

Deep Dive: Adaptive Scuba Diving with Midwest School of Diving and Veterans Scuba– Presented by Mark Dugger and Tim Valentine

Presentation Description

Come learn about adaptive scuba diving. You will learn about the health benefits, travel opportunities, and what it takes to become a certified diver.



Presentation Goals/Objectives

- Educate individuals on adaptive scuba and the many health benefits associated with it
- Educate those individuals with disabilities; Autism, TBI injuries, Amputees, Paraplegic, Quadriplegic, Tetraplegic, Hearing Impaired (Deaf), Sight Impaired (Blind), PTSD, MD and MS that they can learn to safely scuba dive and enjoy the exciting underwater marine environment



Who are the Presenters?

Mark Dugger of Midwest School of Diving - Adaptive Scuba Instructor, only Handicap Scuba Association (HSA) Course Director, certified to teach scuba instructors how to interact and work with individuals with disabilities in the North Central United States. Have trained and certified scuba professionals from Florida, Utah, Minnesota, Wisconsin, North Dakota, and Iowa as HSA instructors. Operates the only HSA approved Training Center in the North Central U.S. Certified by 3 additional Scuba certifying agencies as an adaptive scuba instructor. The staff of Midwest School of Diving has currently 15 certified HSA adaptive Instructors and 27 adaptive Dive Buddies to support the adaptive community in Minnesota, Iowa, and Wisconsin.

Discover Abilities Expo

Presentation Description and Bios

Hockey for All Minnesota – Presented by Chris Poshek of Minnesota Wild Special Hockey and Tony Lang of Minnesota Sled Hockey Association

Presentation Description

Minnesota Wild Special Hockey exists to provide hockey for everyone regardless of disabilities. We have players ranging from age five into their fifties. Our season runs from November through February. We also have the opportunity to attend special events and special tournaments. Being in this program allows our players to gain friendships and build skills. We currently have 15 teams throughout the state of Minnesota and have plans to expand in southern Minnesota next year.



The Minnesota Sled Hockey Association currently operates multiple sled hockey teams in MN. Our clubs operate teams for ALL ages, abilities, and skill sets ranging from novice 5 year olds to adults that are Paralympians. Our presentation will describe the organizational structure of MN sled hockey and how it fits into USA Hockey, the typical schedule and various events offered to the players, and the opportunities and benefits our youth and adult players each enjoy. We will share our philosophy, culture, and values - all inclusive, success comes in many ways, culture of independence, team work and life-long teammates, holistic approach, working hard towards our goals, and FUN!



Blind Hockey is the same exhilarating, fast-paced sport as Ice Hockey with only one main difference – all of the players are legally blind. Players' levels of vision range from legally blind – approximately 10% vision or less – to totally blind. Blind Hockey is an excellent spectator sport as it is easily recognizable to the average hockey fan, with minimal rule adaptations to help with gameplay and player safety.

Presentation Goals/Objectives

- Generate interest and involvement in hockey programming
- Share how great MN Disabled Hockey is
- Share how and where youth and adults of all ages can get involved
- Share the benefits, opportunities, and the culture of MN Disabled Hockey.

Who are the Presenters?

Chris Poshek of Minnesota Wild Special Hockey - I am the new team / new player coordinator and have been a member of the board since 2018. I have a daughter in the program and have also been a volunteer in organizing a tournament in Alexandria. I also in the unofficial PA announcer for the Alexandria team as well as scoreboard operator and on occasion will run music as well.



Tony Lang of Minnesota Sled Hockey Association - Tony Lang has been the President of MN Sled Hockey Association since 2017. He has coached youth sports for 20 years and has specifically focused on disabled youth sports, sled hockey and wheelchair softball, the past 10 years. Accomplishments include substantial growth of youth participation in MN sled hockey and co-founder of the Boundary Waters Sled Hockey Camp.

Discover Abilities Expo

Presentation Description and Bios

Adaptive Cycling 101 with Twin Cities Adaptive Cycling and Courage Kenny Rehabilitation Institute – Presented by Caito Bowles – Roth And Ryan Trench

Presentation Description Provide views within an overview of adaptive cycling including descriptions of the various styles of adaptive bikes and equipment, resources of where to ride and information on local vendors/retailers.

Presentation Goals/Objectives

- Participants will have a better understanding of adaptive biking
- Participants will expand their knowledge of local resources for participating in adaptive cycling

Who are the Presenters?



Caito Bowles-Roth is a lifelong cyclist and the Co-Founder & Executive Director of Twin Cities Adaptive Cycling. In 2014, she began working as Adaptive Cycling Program Assistant for the Bay Area Outreach Recreation Program (BORP) in Berkeley, California. Here, she witnessed the positive and transformative role cycling can play in the lives of those with disabilities, both on and off the bike. Determined to make cycling more available to those living with disabilities and limited resources, she moved back to Minneapolis and opened TCAC in June of 2017.



Ryan Trench is a Program Coordinator and Certified Therapeutic Recreation Specialist with CKRI Sports & Recreation. Ryan coordinates the CKRI Adaptive Cycling program, bike rentals and bike fittings. Ryan firmly believes everyone should have the opportunity to ride and prides himself in his knowledge of adaptive cycling and supportive equipment to make that happen.



This equipment costs HOW MUCH!?

– Presented by Mark Hanna of Courage Kenny Rehabilitation Institute Northland

Presentation Description

Adaptive sports and recreation equipment can come with some sticker shock. Join CKRI staff to learn more about grants and resources that are available to organizations and individuals looking into purchasing adaptive equipment. We will discuss various grant organizations, types of equipment grants, the grant application process, and more!

Presentation Goals/Objectives

- Inform individuals about grant opportunities
- Educate attendees on the proper information to include in a grant application
- Promote the use of Adaptive Equipment Grants

Who is Mark Hanna?



Discover Abilities Expo

Presentation Description and Bios



Mark Hanna is a Program Coordinator with CKRI Sports & Recreation department in our Northland office. Mark has applied for many grants and can help you answer questions on how to find and apply for adaptive equipment grants.

Adaptive Recreation Opportunities with Three Rivers Park District - Presented by Sam Tabaka

Presentation Description

Join staff from the Outdoor Recreation School to find out how to hit the trails and float the lakes at Three Rivers Parks. Our parks and programs are open to people of all abilities. We'll share information about programs, facilities, and equipment that make recreation more accessible, and we'll highlight adapted programming for mountain biking, cross country skiing, archery, paddling, ice fishing, and more.

Part of the session will be devoted to answering your questions about opportunities in the parks.



Presentation Goals/Objectives

- Introduce people to Three Rivers Park District
- Share information about accessibility including facilities, program, and adapted equipment
- Answer participants' questions about opportunities in the park district

Who is Sam Tabaka?



Sam Tabaka is a bike, ski, and nature enthusiast and adventurer. He has worked as an outdoor recreation educator for Three Rivers Park District for the past 10 years and enjoys all aspects of teaching outdoor recreation. Sam and his wife, Tracy, have been catalysts in the development of adapted recreation programming in the park district. In his free time, Sam enjoys camping, biking, and traveling the country with Tracy, their kids, and their golden retriever.

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