Demos, Presentations & Classes

University of Minnesota – Recreation & Wellness Center, Floor 4
April 20, 2024

The Importance of Community - Marina Zaher Nakhla
Presented by Hanger Medical

Time: 10:15 a.m. -11:00 a.m. Room: MP6

In this presentation, Marina Zaher Nakhla share her story about how she was born in the United States with tibial hemimelia and became an amputee at 14 months old. She will discuss her life path as a female amputee and child of immigrant parents, and the journey discovering the amputee community through Hanger Clinic.

Presentation Goals / Objectives:

- Define tibial hemimelia and bilateral above knee amputation
- Discuss the unique challenges that may be experienced by individuals with physical disabilities who identify with minority groups
- Highlight the importance of community
- Share personal experiences with specific events

Who is Marina Zaher Nakhla? Marina is a first-generation American-born Egyptian and Coptic Orthodox Christian. She is currently a 6th year Ph.D. student at the San Diego State University/UC San Diego Joint Doctoral Program in Clinical Psychology, with an emphasis in neuropsychology. She is also currently a psychology intern at the West Los Angeles VA Medical Center. She enjoys advocating for underrepresented students pursuing higher education, as well as for individuals with physical disabilities. She was recognized internationally by the Egyptian Ministry of Emigration and Expatriates Affairs as a role model and activist for Egyptians with disabilities.

Seated Adaptive Yoga
Hosted by Mind Body Solutions

Time: 11:00 am – 11:30 am Room: MP7

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 us 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. 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.

Instructor: **Bethany Hutchinson**
Bethany is a yoga practitioner with deep appreciation of the transformative power of body, mind and spirit – for anyone and everyone. She has a rich background in movement, with a degree in theater, years of experience in coaching children's gymnastics as well as work with people with intellectual and cognitive disabilities here and abroad.

Cardio Drumming
Hosted by Courage Kenny Rehabilitation Institute, Aquatics & Fitness

Time: 11:30 a.m. – 12:00 p.m. Room: MP7

Drum along to the beat for an upper body workout! Adaptive drumming is a great class for those looking to increase their upper body strength, mobility, and cardiovascular endurance. Class content will also include a variety of cognitive strengthening tasks and rhythmic coordination using drumsticks. Our goal is for each person to participate in a holistic brain and body workout.

Adaptive equipment (i.e., grip assist) is available. While the class will be taught from a seated position, participants of all abilities are welcome!
Instructors: Hayleigh Tetzlaff & Amanda Waugh

Journey to Sports - Empowering Independence Panel Discussion
Presented by Coloplast

Time: 12:00 pm – 1:00 pm Room: MP6

Hear from four individuals 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 individuals each uniquely impacted by disability.

Host: **Trasi Verbout**
Trasi is a Territory Executive and Field Sales Trainer at Coloplast Corp. Continence Care Division where she represents SpeediCath©, Luja© Coude, and Peristeen Plus©.

Who are the Panelists?

- **Jon Rydberg** – Paralympic Tennis Athlete/Coach, High School Tennis Coach, USTA
- **Tyler Gunnarson** – Team USA U20 Track and Field Athlete, Mono-Skier
- **Kate Aquila** – Advocate, Global Management Consultant, Courage Kenny Wheelchair Tennis, Pickleball, Cycling Athlete
- **Ian Lynch** – Team USA Wheelchair basketball Paralympian, Gold Medalist, Wheelchair Basketball Coach & Athlete

Batter up: Introduction to Adaptive Softball

Time: 12pm - 1:00 pm Room: MAC GYM

Join CKRI and the Minnesota Twin at this demo to learn fundamental adaptive softball skills and ton of fun summer adaptive softball opportunities. Participants will have an opportunity to practice hitting, fielding and throwing at this demo directly from our CKRI softball coaches and veteran players.

Clinics, Camp and more! You will also have an opportunity to sign up for adaptive softball summer clinics provided in partnership with the Minnesota Twins!

Roll with us: Intro to Wheelchair Basketball
Hosted by Courage Kenny Rehabilitation Institute

Time: 1:00 pm-2:00 pm Room: MAC GYM

Did you know many wheelchair basketball players do not use a wheelchair off the court of play? It is a common myth. Players use their sports chair as a tool to access a world of competitive basketball and travel across the country to play in tournaments.

This demo is for anyone who is interested in trying out their wheelchair basketball skills. Join past veterans and active CKRI Wheelchair basketball coaches and players as you will have an opportunity to jump in one of our top-of-the-line sports wheelchairs and learn key wheelchair basketball skills from the best of the best!

The Power of the Creative Arts
Hosted by Upstream Arts

Time: 1:00 pm-2:00 pm Room: MP7

Come have fun working alongside professional artists of Upstream Arts and learning new creative skills. Upstream Arts uses participation in the arts to explore topics related to self-advocacy and health relationships, providing a mix of theater, dance, visual arts, poetry and music into our multi-disciplinary arts classes Experience a taste of our Art of Self-Advocacy classes, where we might Paint the Music, have a Rhythm Conversation, or choreograph a Poem Dance while we practice listening, observing, and exploring how rhythm and movement effect our emotions. Each time we practice different creative languages, we are learning new ways to tell our own stories – and new ways to listen to the stories of others. Upstream Arts uses the power of the creative arts to activate and amplify the voice and choice of individuals with disabilities, integrating individuals of all ages with cognitive, developmental, emotional, behavioral, and physical disabilities into a high quality, highly structured, collaborative, multidisciplinary arts curriculum designed to strengthen self-expression and self-advocacy.

Presenter: **Matt Guidry, Co-Founder/Artistic Director of Upstream Arts**

Since 2006, Upstream Arts has been developing a creative practice for empowering individuals with

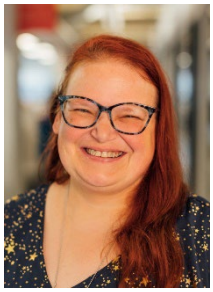
disabilities at every stage of life, facilitating 100+ residencies a year with schools, adult day programs, and community organizations. Matt leads the design of Upstream Arts' multidisciplinary arts curriculum and residencies, oversees the training of the organization's roster of 30 Teaching Artists, 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.

Inclusion Revolution Panel
Hosed by Special Olympics Minnesota

Time: 1:30 pm – 2:00 pm Room: MP7

Special Olympics Minnesota has assembled a panel of presenters to share programs developed over the last 50 years as Special Olympics continues to lead the way developing inclusive programs impacting our local community. Join this diverse panel to hear from members of the SOMN staff, as they discuss ways to incorporate inclusive philosophies and programming into your life, workplace, and community.

Host: Nell Coonnen-Korte, Special Olympics Minnesota Athlete, Global Messenger, Special Olympics Minnesota Staff



Nell has been involved with Special Olympics Minnesota for the past 18 years. In addition to sports with Special Olympics, Nell is also involved with the Athlete Leadership Program (ALPs). She has completed many courses and emerged as one of our top leaders. Her Global Messenger and Health and Wellness Ambassador training has taken her to Washington, DC to speak to executives within the healthcare industry, bringing awareness about the need for better healthcare for those with disabilities. She also travelled to Atlanta, GA to speak to the Center for Disease Control and Prevention (CDC) to spread the message about the need for the healthcare system to be more inclusive for those with and without disabilities. Nell works at the Special Olympics Minnesota state office as a Program Assistant.

US Power Soccer Scrimmage

Time: 2:00 pm – 3:00 pm Room: MAC Gym

Watch some of the most well-known players in Power Soccer face off in a full scrimmage match! US Power Soccer will host a scrimmage game including players from local teams including the MNUFC, Northern Lights and the Shockwave.

From the US Power Soccer team will be Nathan Mayer, Pete Winslow, Chad Wilson and Riley Johnson.

Power Soccer is a competitive team sport designed to be accessible for power wheelchair users. Athletes' disabilities often include quadriplegia, muscular dystrophy, cerebral palsy, and others. The game is played in a gymnasium on a regulation basketball court. Two teams of four players each pass and shoot a 13-inch soccer ball. Power soccer requires skill and years of training to play competitively.

Outdoor Recreation and Adaptive Panel Discussion
Hosted by Wilderness Inquiry

Time: 2:00 pm – 3:00 pm Room: MP6

Join us for a panel of outdoor adventure, recreation and travel resources! You will hear from multiple organizations and individuals about sports and recreation activities that are "off the beaten path" Scuba Diving, Wilderness Travel, Snowsports and adventure course, Downhill skateboarding and more! This panel is geared towards people looking for more individual or adventurous recreation opportunities!

Who are the Panelists?

Anne Strootman, Wilderness Inquiry

People with disabilities often face challenges accessing adaptive equipment, finding accessible hiking trails, figuring out the logistics around outdoor travel, and navigating financial barriers. Wilderness Inquiry can provide resources and guidance to be active and adventurous, helping us understand the role nature can play in healing, health, wellness.

Gretchen Anderson, Trollhaugen Adaptive Snowsports

Our team of trained, dedicated instructors enable children and adults with functional limitations to successfully play on the snow regardless of their physical or cognitive challenges. In our program, students will experience firsthand the freedom Snowsports can bring and be filled with the overwhelming joy of being in nature.

Mark Dugger, Midwest School of Diving

Midwest School of Diving 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.

Daniel Edmondson, Adaptive Sports Specialist, Courage Kenny Rehabilitation Institute

Bi-lateral below knee amputee and top ranked adaptive downhill skateboarder, Daniel Edmondson is an extreme sports enthusiast having competed in skateboarding, wake surfing and snowboarding. As a Sports Specialist at Courage Kenny Rehabilitation Institute, Daniel helps others achieve their goals in sport.

Aaron Cross, Free-Daptive Divers

The Mission of FREE-DAPTIVE Divers is to enable individuals with adaptive needs to experience the freedom and independence that scuba diving provides. Our mission is achieved through a dedicated and passionate staff who envision providing SCUBA training and diving opportunities to those individuals who feel SCUBA diving is unattainable due to

physical and cognitive challenges and to develop continuing relationships and overcome obstacles to SCUBA diving for individuals with disabilities.

Equipment, Grants, Travel and more! - UnitedHealthcare Childrens Foundation & Courage Kenny Rehabilitation Institute

Time: 2:30 pm – 3:00 pm Room: MP7

Adaptive sports and recreation equipment, travel and program fees can come with some sticker shock. Join UnitedHealthcare Children's Foundation and Courage Kenny Rehabilitation Institute staff to learn more about grants and resources that are available. We will discuss various grant organizations, types of equipment grants, the grant application process, and more!

Cara Gulbronson Associate Director, UHCCF

Cara works on the development team for the UnitedHealthcare Children's Foundation (UHCCF) raising funds to support families across the country with their child's medical expenses. Cara has been with UHCCF for 7 years but started her career with the Courage Kenny Sports and Recreation department as an intern and then as a full-time program coordinator mainly focused on wheelchair sports. "We are thrilled to be here and spread the word about our grant opportunities."

Dawn Burke, Grant Manager UHCCF

Dawn has worked for the UnitedHealthcare Children's Foundation for 2 years assisting families thorough the entire grant process, from the application to the disbursement of the funds. "One of my favorite parts of my position is attending events and hosting grant recipients and their families at events. I feel very fortunate to be able to help children and their families through the grant process."

Megan Welty, Senior Specialist, Courage Kenny Rehabilitation Institute

Megan Welty joined Courage Kenny Rehabilitation Institute Sports & Recreation department 10 years ago. She has over 20 years of experience in the recreation field in both the private and non-profit sectors, starting off as a white-water rafting guide in college. She is very passionate about recreation, inclusion, excellence, and empowering others. Megan holds a Recreation Management degree from University of Wisconsin-Lacrosse

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