

# Inclusive Recreation on the Erie Canal



Seventh Annual Fit-In Conference  
 Friday November 1, 2019, 10 am – 3 pm  
**Port Byron Old Erie Canal Heritage Park**  
 1575 Rooker Dr, Port Byron, NY 13140

	<i>Welcome</i>	Nienke Dosa MD MPH and Peyton Sefick BA	
10:00	Jean Mackay	<b>First Mile / Our Ability 2019 Journey Along the Canal videos</b>	
10:15	Lynn Anderson PhD, CTRS, CPRP	<b>Inclusive Recreation Resource Center</b>  Q and A	
11:15	<i>Break</i>		
11:30	Anita O’Brien, MA, CTRS	<b>Rochester Accessible Adventures</b>	
12:00	Peyton Sefick BA	<b>Fitness Inclusion Network</b>	
12:30	<i>Lunch and Tour of Lock and Buildings</i>		
1:30	Group Discussion	<b>Strengths-Opportunities-Aspirations-Results</b>	<i>Action Steps</i>
3:00	Adjourn		

This brainstorming session will bring together key stakeholders to share ideas for promoting inclusive recreation along the Erie Canalway National Heritage Corridor. For more information and to register *please contact Peyton Sefick at [peytonsefick@gmail.com](mailto:peytonsefick@gmail.com) or 315-546-3706.*

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## CONFERENCE INFO:

### *INCLUSIVE RECREATION ON THE ERIE CANAL*

Our 7<sup>th</sup> Annual Fit-In Conference will take place at the Port Byron Old Erie Canal National Heritage Park on November 1, 2019 from 10 am to 3 pm.

**Directions to Port Byron Old Erie Canal Heritage Park:** Visitors can access the Heritage Park directly off the New York State Thruway eastbound between exit 41 (Waterloo – Clyde – NY Route 414) and exit 40 (Weedsport - Auburn – NY Route 34). The park is also accessible from NY Route 31 in the Village of Port Byron. The street address is 1575 Rooker Dr, Port Byron, NY 13140

**Lunch and home baked pies courtesy of Port Byron Diner!**

### **Relevant websites and background information:**

Reimagine the Canals: <https://www.ny.gov/programs/reimagine-canals-initiative>

Erie Canalway National Heritage Corridor: <https://eriecanalway.org/our-work>

New York State Canal Corporation: <http://www.canals.ny.gov>

Inclusive Recreation Resource Center: <https://inclusiverec.org>

Rochester Accessible Adventures: <https://rochesteraccessibleadventures.org>

Fitness Inclusion Network: <http://bbi.syr.edu/projects/Fit-In/index.html>

Our Ability Journey Along the Erie: <https://www.ourability.com/journey-along-the-erie-canal/>

Canalway Challenge testimonial video: <https://www.youtube.com/watch?v=z1S9wuMmiyo>

Double H camp: Camp on the Go: <https://www.doublehbranch.org/programs/slideshows-videos/>

Access-CNY Anything that Rolls: <https://www.youtube.com/watch?v=vlX-6yeJZ0>

### **Funding for this conference is gratefully acknowledged:**

Madeline Cote Fund at Upstate Foundation/Golisano Children's Hospital



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## OUR SPEAKERS:



**Lynn Anderson PhD, CTRS, CPRP** is a distinguished service professor in the Recreation, Parks and Leisure Studies Department at SUNY Cortland. For the past 35 years, she has written, taught, conducted research and delivered professional presentations and workshops in the areas of strengths-based practice, inclusion, and therapeutic outdoor adventures. She serves as an editor for the *Therapeutic Recreation Journal*, is a fellow in the Academy of Leisure Sciences, and a Distinguished Fellow in the National Academy of Recreational Therapy. She has collaborated with the New York State Recreation and Park Society and the National Recreation and Park Association National Certification Board to ensure student access to the national exam to become a certified park and recreation professional. Through her grant work, Anderson also has collaborated with the I Love New York Tourism Division and the New York State Office of Parks, Recreation and Historic Preservation. She has participated in Park Ranger Training Workshops in New York State. With funding from the New York State Developmental Disabilities Planning Council she developed the Inclusive Recreation Resource Center that is housed at SUNY Cortland. The mission of the center is to identify Americans with Disabilities Act (ADA) compliant parks and recreational sites throughout New York with the goal of ultimately providing outdoor recreation opportunities for all state residents. Anderson earned her Bachelor of Arts in French from the University of North Dakota; her Master of Science in Recreation and Park Management from University of Oregon; and her

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Ph.D. in education with emphasis in therapeutic recreation from University of Minnesota.

**Anita O'Brien, MA** is a Certified Therapeutic Recreation Specialist and executive director of Rochester Accessible Adventures. She hails from Georgia and received her B.S. in Biosociology and M.A. in Recreation and Leisure Studies with an emphasis in therapeutic recreation from the University of Georgia. She was trained as a certified inclusivity assessor through SUNY College at Cortland's Inclusion Recreation Resource Center, and has 20 years of experience working with people with disabilities in community recreation settings. Founded in 2015 by Anita and a group of 26 founding members, Rochester Accessible Adventures consults with municipal, for-profit, and non-profit recreation businesses in a Community Health Inclusion (CHI) partnership in order to ensure that people with disabilities have equitable access to recreation opportunities. One of their first CHI partners was Erie Canal Boat Company (ECBC), which has locations on the canal in Fairport and Lockport, NY. ECBC now operates inclusively whenever their doors are open for business, with both adaptive and standard kayak and cycle rentals and staff knowledgeable about how to work with customers with a wide variety of disability and medical diagnoses. RAA has 6+ additional CHI partnerships, including two municipalities, the Town of Victor Parks and Recreation and the Town of Irondequoit Recreation, and plans to expand its impact in WNY and along the Erie Canalway in 2020.

**Peyton Sefick BA** is the Project Coordinator of the Fitness Inclusion Network based out of the Burton Blatt Institute at Syracuse University. The Fitness Inclusion Network focuses on fostering local partnerships to bring adaptive recreation and low-cost equipment to communities. Aside from Fit IN's community outreach, Peyton is an accomplished power wheelchair soccer athlete. He plays for and has captained CNY United in Syracuse for over 10 years. He has also played for the United States National World Cup Team, both in 2011 and 2017. Peyton has used his experience on the soccer court to travel the world, coaching and learning from other disabled athletes in Australia, Asia, Europe, and South America.

## Confirmed Participants

Anita O'Brien <a href="mailto:ajobrien00@gmail.com">ajobrien00@gmail.com</a>	Rochester Accessible Adventures
Lynn Anderson PhD <a href="mailto:Lynn.Anderson@cortland.edu">Lynn.Anderson@cortland.edu</a>	Inclusive Recreation Resource Center, SUNY Cortland
Chris Abbott <a href="mailto:CAbbott@syrgov.net">CAbbott@syrgov.net</a>	City of Syracuse Parks and Recreation
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## **Unable to attend**

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The **Fitness Inclusion Network** is a collaborative, cross-institution initiative that was launched in 2013 with support from the Upstate Foundation/Golisano Children's Hospital, SUNY Cortland Department of Physical Education, and the Burton Blatt Institute at Syracuse University. We are an interdisciplinary group of athletes, students, families, and professionals in adapted physical education, medicine, physical therapy, occupational therapy, engineering, therapeutic recreation, special education, social work, and disability policy and law.

**Our mission:** To develop innovative ways to promote and support inclusive fitness for children, adolescents and adults with disabilities in Central New York.



***Fitness Inclusion Network***

<http://bbi.syr.edu/projects/Fit-In/index.html>

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