



*Fitness Inclusion Network*

**Tenth Annual Fit-IN Conference**  
**BUILDING MOBILITY**  
**IN SYRACUSE AND BEYOND!**



**UPSTATE**  
FOUNDATION

 **UPSTATE**  
Golisano Children's Hospital | *Golisano*  
Center for Special Needs



**OCTOBER 12 - 15, 2022**

This year's conference is made possible, in part, by a grant from the John Ben Snow Foundation in partnership with the Upstate Foundation and the Golisano Center for Special Needs at SUNY Upstate Medical University. Additional contributions were made from the Onondaga County Health Department's Children and Youth with Special Health Care Needs Program and the Syracuse University School of Design. The support of engineers and artists in our community is also greatly appreciated!

***Find out more: [FitnessInclusionNetwork.org](https://FitnessInclusionNetwork.org)***



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.

#### **Past conferences:**

- Fit-IN1: New Paradigms for Assistive Technology and Inclusive Fitness (2013)
- Fit-IN2: Activating Communities: Grassroots Inclusive Fitness in CNY (2014)
- Fit-IN3: Collaborative Design for Recreation, Dance, Sport (2015)
- Fit-IN4: Collective Access: Walks & Talks Along Onondaga Creek (2016)
- Fit-IN5: Sensational Inspiration Movement Seminar (2017)
- Fit-IN6: BREKY Scavenger Hunt to Promote Inclusive Outdoor Winter Recreation (2018)
- Fit-IN7: Inclusive Recreation on the Erie Canal (2019)
- Fit-IN8: Facebook Live Family Fun Series: DIY Sensory Movement Projects (2020)
- Fit-IN9: Blind Sport EXPO (2021)

#### **Select Guidebooks/Publications:**

- Adaptive Cycling on the Erie Canal: TRAIID on the TRAILS
- Family Fun Series: Sensory Backpacks & the Inclusive Recreation Resource Center
- Building Local/Global Spina Bifida Communities with Adaptive Design
- Inclusive Fitness Opportunities in CNY for Young Adults with ID/DD
- Unified Yoga in the Parks
- Fit Families Group Visits: Promoting Physical Activity for Kids with Spina Bifida

**View all publications and past conference materials at the Fit-IN website:**  
[FitnessInclusionNetwork.org](https://FitnessInclusionNetwork.org)

## **FIT-IN 10 SCHEDULE**

### **Wednesday, October 12, 2022**

<b>12:00 PM – 2:30 PM</b>	Welcome guests!
<b>2:30 PM – 5:30 PM</b>	Presentation at Upstate Medical University
<b>5:30 PM – 8:30 PM</b>	ARISE Adaptive Design Showcase & Dinner

### **Thursday, October 13, 2022**

<b>8:00 AM – 9:00 AM</b>	Presentation at Henniger High School
<b>10:00 AM – 11:30 AM</b>	Visit Jowonio School
<b>12:00 PM – 1:30 PM</b>	Lunch meeting hosted by SU School of Design
<b>2:00 PM – 4:00 PM</b>	Presentation at the Warehouse
<b>4:30 PM – 5:30 PM</b>	Syracuse Creekwalk Tour
<b>6:00 PM – 8:00 PM</b>	Dinner meeting on Community Mobility

### **Friday, October 14, 2022**

<b>9:00 AM – 11:00 AM</b>	AT Village Strategic Planning at AccessCNY
<b>1:00 PM – 4:00 PM</b>	Interprofessional Education Workshops at Upstate IHP
<b>4:00 PM – 6:00 PM</b>	Lecture and Reception at Upstate IHP

### **Saturday, October 15, 2022**

<b>9:00 AM – 10:00 AM</b>	Cheer on Ainsley's Angels
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Wednesday, October 12, 2022

12:00 PM  
Welcome!



**Fitness Inclusion Network welcomes special guests:**

**Dr. James "Cole" Galloway, PhD, PT, FAPTA** is a Professor at the University of Delaware who is nationally recognized for his work to advance community mobility. Cole's "blue collar futurist" approach guides his interdisciplinary collaborative work. His personal interests in family, music, comedy, and social justice mix effortlessly with his professional background of rehabilitation, neuroscience, child development, human-machine interaction and open-source culture. His research and prototype development work (focused on the key role of social mobility in life) serves to directly challenge the out-of-date culture of pediatric and adult rehabilitation with a highly hopeful set of alternative products and processes. Through the Go Baby Go collective – a 150-chapter research, education and advocacy movement -- he invents and studies devices for children and adults with severe mobility issues. His approach of combining high tech and low tech into "go tech" has garnered the interest, funding and awards from the National Institutes of Health, the National Science Foundation, Robert Wood Johnson Foundation, the Department of Education, and tech industries from medical to toy to auto.



**Andrina Sabet, PT**, is a physical therapist at the Cleveland Clinic Children's Hospital for Rehabilitation and owner of Mobility Matters, LLC. Her clinical practice includes infants and toddlers through young adults in the Mobility Clinic, where independent mobility options are a focus for every client. She is the National Projects Coordinator with Go Baby Go, a grassroots, open source movement centered on social mobility opportunities, clinical research and technological innovation. Andrina has presented locally and internationally on mobility and positioning and frequently collaborates with manufacturers regarding product development.





**Jean Minkel, PT** is a longtime physical therapist, master clinician and internationally recognized expert on seating and mobility. She serves as a Senior Vice President at Independence Care System, a non-profit whose mission is to support people with disabilities and chronic conditions to remain healthy, mobile, and independent, while living in the community. She leads On a Roll, an OT/PT practice, which focuses on the specialized seating and mobility assessments needed to recommend and provide training on the use of Complex Rehab Technology. Her practice is focused on mobility equity and she believes deeply that mobility is a human right. Her work and expertise in assistive technology have been recognized with the Fellow Award from RESNA (the Rehabilitation Engineering and Assistive Technology Society of North America) and the Sam McFarland Mentor Award.

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**2:30 PM – 5:30 PM**  
**Presentation**

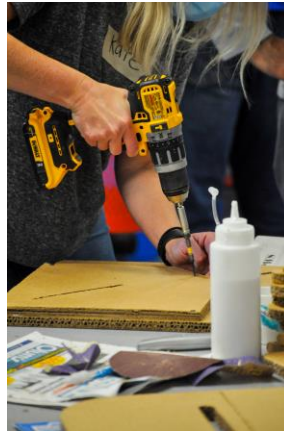
Upstate Medical  
University, Setnor  
Academic Building 4507

Cole, Andrina, and Jean speak with medical and public health students taking MPH 604: Social & Behavioral Dimensions of Public Health. The presentation will focus on ways that students can support mobility in the community and in their future roles as healthcare professionals.

**5:30 PM – 8:30 PM**  
**ARISE Adaptive Design**  
**Showcase & Dinner**  
Dinner TBD; ARISE,  
635 James St, Syracuse



Local engineers, school representatives, and community leaders meet with community volunteers at ARISE Adaptive Design (AAD). Group discussion will focus on strategies for advancing local interprofessional education opportunities and pipeline programs for students in the Syracuse City School District interested in education and career opportunities available at Upstate Medical University and Syracuse University. ARISE is the region's Independent Living Center, and AAD is a program that uses everyday materials to create customized equipment and devices for children and adults who have disabilities. Learn more at <https://www.ariseinc.org/services/adaptive-design/>.



**Connor McGough**, AAD Program Coordinator, earned a BFA in Industrial Design from Rochester Institute of Technology. After sustaining a life-changing spinal cord injury in 2009, going into his senior year of college, Connor quickly began to recognize the many issues surrounding the acquiring of specialized equipment that those with disabilities rely on. Not one to easily accept defeat and having a personality that wants to push boundaries, Connor enjoys taking out-of-the-box, creative approaches to developing solutions to barriers that would otherwise inhibit participation. At AAD Connor leads an eclectic group of community volunteers who work along with individuals with disabilities and their families. Together they design and build specialized adaptations to allow the participants to reach their full potential in daily living, therapy, education, work, and recreation.

**Thursday, October 13, 2022**

**8:00 AM – 9:00 AM  
High school student  
presentation**

Henniger High School,  
600 Robinson St, Syracuse



Students from Henninger High School's Health Careers Academy will meet with Cole, Andrina, and Jean. They will learn about GoBabyGo, as well as how to use STEM skills and advocacy skills to promote mobility. Bobbierre Heard will join to share her story and expose students to opportunities to engage in local advocacy for children with disabilities.

Henninger High School is a public school in the heart of Syracuse, NY. Henninger has a health careers P-TECH centered program with two main college pathways - Clinical Laboratory Technology and Health Information Technology. Students learn about a wide array of medical career pathways, while at the same time learning about body systems, medical terminology, disease and treatment. Henninger also works with the Manufacturers Association of Central New York (MACNY) and other local partners to provide mentoring, job shadowing, internships and hiring post-graduation.

**Bobbierre Heard** graduated from the Engineering and Design Program at Corcoran High School and went on to get a design degree from SUNY Oswego in 2022. She is an innovative graphic designer and a proud advocate for children with disabilities. Bobbierre has her own clothing line BREKY (Being Real Extraordinary Kool Youth) and has collaborated on several projects with the Fitness Inclusion Network. Bobbierre's passion for creating inclusive community programming comes from her personal experiences living with cerebral palsy. She was recently named as one of the winners of Syracuse University's 2021 'Unsung Heroes' award. Bobbierre is a member of the advisory board of Access-CNY, our regional United Cerebral Palsy affiliate.

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**10:00 AM – 11:30 AM**  
**Visit Jowonio School**  
3049 E Genesee St,  
Syracuse, NY 13224



Guests visit Jowonio School! **Jowonio School** is a not-for-profit inclusive preschool that began as a grassroots initiative by families seeking a more responsive educational experience for their children. With more than 50 years of collaboration between families, school staff, and dozens of school districts in multiple counties throughout the Central New York region the school seeks to provide model inclusive and individualized educational programming for young children with a wide range of disabilities.

**Ballet For All** is an adaptive dance program for children with neurodevelopmental disabilities that uses the movements of classical ballet to promote strength and control while celebrating the joy of self-expression through movement. Partial weight support and other adaptive mobility equipment are incorporated as needed in dancers programming. Our Volunteer Dance Assistants are students at Syracuse City School District's Nottingham High School who provide physical and social support for dancers. Dancers, their families and Dance Assistants develop deep relationships and create community through our weekly dance program.



**Lisa Neville, MS, OTR/L** is an Occupational Therapist at Jowonio with interests in adaptive design, augmentative communication, inclusion, early power mobility, adapted sport/art/recreation, access to curricula, and restorative practices. She is a member of Fitness Inclusion Network, Ballet For All adapted dance instructor, clinical volunteer ARISE Adaptive Design, and adjunct faculty at both Upstate Medical University and Syracuse University School of Design. She has presented nationally and internationally on adaptive design, adaptive dance, assistive technology, and developing access to play and mobility in inclusive educational settings.



**12:00 PM – 1:30 PM**

**Lunch meeting**

The Warehouse,  
350 W Fayette St, Syracuse



The lunch is by-invite-only and will take place in Room 016 in the Community Development Area (ground floor).

**Syracuse University**  
College of Visual and Performing Arts

**SCHOOL OF  
DESIGN**

Lunch hosted by Syracuse University School of Design with talk by Gianfranco Zaccai.

**Gianfranco Zaccai** is the co-founder of one of the top innovation design firms in the world, Continuum (now EPAM Continuum), a global innovation by design consultancy with offices in Boston, Milan, Seoul and Shanghai. Under his leadership, Continuum created market changing innovations in product and service design across every imaginable sector. The company was recently acquired and Gianfranco has now launched [The Foundation for Augmented Intelligence](#). His foundation seeks to develop, stimulate, and leverage technological, educational, and organizational innovation to enable and empower individuals with intellectual disabilities, their families, and their communities, in order to improve quality of life, enhance independence and productivity, lower cost, and benefit society as a whole. He is also working with students and faculty from across the SU campus to develop a class titled Intelligence ++. This is a cross-disciplinary course in which students explore a range of product ideas to address challenges related to intellectual disability.



**2:00 PM – 4:00 PM**

**Presentation**

The Warehouse,  
350 W Fayette St, Syracuse



Syracuse University School of Design hosts Cole for a presentation about innovative design projects to advance the concept of “community mobility” along the Syracuse Creekwalk and I-81.

The event will take place in the Community Engagement Meeting Room. Paid parking is available nearby on Fayette and Washington Streets.

[Join remotely via Zoom](#) (Meeting ID: 995 6262 3686, Passcode: 886615).

**4:30 PM – 5:30 PM**

**Syracuse Creekwalk Tour**

S Franklin St & Erie Blvd W,  
Syracuse (the intersection  
with Café Kubal and  
Niagara Mohawk)



Peyton Sefick and Michael John Heagerty will lead a group tour and discussion about potential for improving community mobility along the Erie Canalway Trail and Syracuse Creekwalk (weather-permitting).

In case of poor weather, meet in Room 016 of The Warehouse, 350 W Fayette St, Syracuse.

**Peyton Sefick, BA**, is a Syracuse native and currently a Board Member of Move Along, Inc. Peyton is a consultant with expertise in fostering partnerships to bring adaptive fitness and inclusive recreation to communities. He has worked with the Erie Canal Corporation on their accessible tourism campaign and with the Golisano Center for Special Needs as a Community Inclusion and Mobility Specialist, where he helps kids and families maintain active, inclusive, and enjoyable lifestyles within our local community. Peyton is also an accomplished power wheelchair soccer athlete. He played for and 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.



**Michael John Heagerty** is the driving force behind numerous arts projects in Downtown Syracuse. He is known as an Urban Activator, Ambassador, Entrepreneur, Place-maker, Experience Creator, and Civic Counselor. According to his website, his mission is “activation of improvisational urban projects via promotions that contribute to local pride and give Syracuse, NY a series of unique and fun activities to enjoy.” Michael is the founder of Wildflowers Armory and McCarthy & Warsaw Mercantiles. Currently he is the Chair of the Syracuse Public Art Commission and the Director of Marketing and concierge services at Washington St. Partners. Learn more at <https://www.michaeljohnheagerty.com>.

**6:00 PM – 8:00 PM**

**Dinner**

The Preserve at 405,  
405 Spencer St, Syracuse

By-invite-only dinner and discussions about strategies for advancing local interprofessional education opportunities and pipeline programs for students in the Syracuse City School District interested in education and career opportunities available at Upstate Medical University and Syracuse University.

**Friday, October 14, 2022**

**9:00 AM – 11:00 PM  
AT Village Strategic  
Planning**

AccessCNY, 1603 Court  
St, Syracuse, Boeheim  
Gym Sensory-Motor  
Exploration Center and  
Conference Room 108



Families of children who use power mobility devices and AT Village staff will meet with Jean Minkel, PT, to discuss strategies for sustaining community-based solutions for Adaptive Technologies. AT Village is a community-wide quality improvement initiative to improve access to Durable Medical Equipment. Its mission is to make it easier for families and care teams to work together to get kids with disabilities the Adaptive Technology (AT) they need in order to do the things they like to do! AT village is also a physical space that includes a “Sensory-Motor Exploration Center” for wellness programs, a loan closet for Assistive Technologies, and a “Try It” space with innovative design solutions, including AT for aging in place. Learn more about AT Village at <https://atvillage.org/>.

For further reading, see the following publication:  
Mary M. Locastro, Jason Robinson, Erin Robinson, Nienke P. Dosa; [It Takes a Village: Building Community With Assistive Technology](#). Pediatrics August 2022; 150 (2): e2021053623. 10.1542/peds.2021-053623

**1:00 PM – 4:00 PM  
Interprofessional  
Education Workshops**

Upstate Institute for  
Human Performance (IHP),  
Atrium, 505 Irving Ave,  
Syracuse



Parking is off Madison St  
on the right and behind  
the IHP building.

Community groups and students host an event where future healthcare professionals can learn about innovative strategies to support children and adults with mobility issues. Attendees will have the opportunity to:

- Work with national expert Dr. Cole Galloway to build GoBabyGo mobility devices
- Participate in an AT Village project to create adaptive technologies with cardboard for local families, working with ARISE Adaptive Design
- Experience the newly-launched Virtual First Mile / Adaptive Cycling “Peleton” Program, created with support from the Erie Canal Corporation
- Participate in the creation of an interactive map of access and inclusion with Syracuse University Masters of Fine Arts in Design students

Co-hosted by the Upstate Medical University Office of Interprofessional Education and the following student groups: Upstate Art Alliance, Innovation and Entrepreneurship Group, Accessibility Club, and Ainsley’s Angels.

Light refreshments will be served.



**4:00 PM – 6:00 PM**  
**Lecture and Reception**

Upstate Institute for  
Human Performance (IHP),  
Atrium, 505 Irving Ave,  
Syracuse



Fitness Inclusion Network, students, and partners gather for a special talk by Dr. Cole Galloway, a national expert in community mobility and founder of the GoBabyGo project. Cole will speak about enabling environments and innovative ways that healthcare professionals and community members can work together for mobility access and inclusion. Refreshments and buffet dinner will be served.

Co-hosted by the Upstate Medical University Office of Interprofessional Education and the following student groups: Upstate Art Alliance, Innovation and Entrepreneurship Group, Accessibility Club, and Ainsley's Angels.

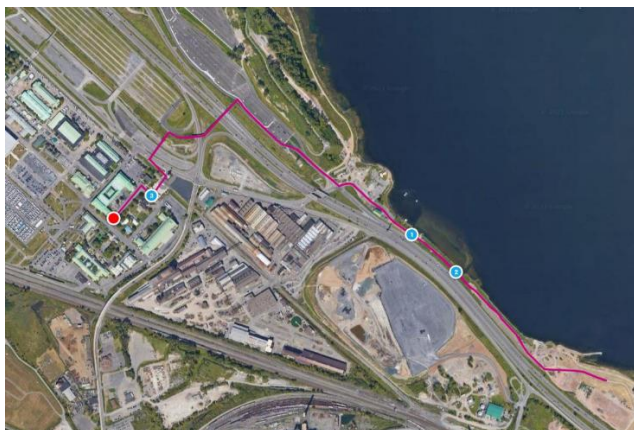
**Saturday, October 15, 2022**

**9:00 AM – 10:00 AM**  
**Watch Ainsley's Angels**  
**in the Loop the Lake 5K**

Onondaga Lake,  
Syracuse, NY



Cheer on Ainsley's Angels of America at the "Loop the Lake" 5K race! Ainsley's Angels is an organization that aims to ensure everyone can experience endurance events. The local chapter will be participating in the Loop the Lake 5K at Onondaga Lake Park. Races start at the Center of Progress Building, next to the Chevy Court on the New York State Fairgrounds (581 State Fair Blvd., Syracuse, NY US 13209). Racers cross over the pedestrian bridge to Onondaga Lake and run the trail on the south side of the lake. See map below.



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College of Visual and Performing Arts

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**Tenth Annual Fit-IN Conference**  
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**Fit-IN Planning Committee**

Golisano Center for Special Needs, SUNY Upstate Medical University:

Nienke P. Dosa, MD, MPH; Christine Pelis, PT, DPT, PCS; Maddy Locastro;

Mattison Thrall; Mary Carney, MPH; Peyton Sefick, BA

Syracuse University School of Design: Donald Carr, MFA; James Fathers, PhD

ARISE Adaptive Design: Connor McGough, BFA; Tracy Fleming, BS, MS

Onondaga County Health Department: Jackie Shostack, MEd

City of Syracuse Parks and Recreation: Chris Abbott, MA, CSCS, ACSM-EP

Jowonio School: Lisa Neville, MS, OTR/L

SUNY Cortland: Catherine MacDonald, PhD; John Foley, PhD; Tim Davis, PhD

University at Wisconsin: Luis Columna, PhD

**Conference Sponsors:**

This year's conference is made possible, in part, by a grant from the John Ben Snow Foundation and a partnership with Golisano Center for Special Needs at SUNY Upstate Medical University. Additional contributions were made from the Onondaga County Health Department's Children and Youth with Special Health Care Needs Program. The support of engineers and artists in our community is also greatly appreciated!

**Special Thanks:**

Alex Truesdell

Bobbierre Heard

Bruno Primerano

Cheri Rotelli, PT

Chris Morley, PhD

Darren Carboni, MBA, CAS-HSMP

Ella Briand

Erin Wentz, PT, PhD

Jennifer Fetterman, PT, DPT, NCS

Katherine Beissner, PT, PhD

Michael John Heagerty

Miguel Pica

Nick Lisi

Rebecca Garden, PhD

Rick Cote

Scott Lane

Shade McFarland

AccessCNY

ARISE Adaptive Design

Erie Canal Corporation

Henniger High School

Jowonio School Ballet for All

Move Along, Inc.

North Syracuse Early Education Program

Office for Interprofessional Education, SUNY

Upstate Medical University

Onondaga County Health Department

Spina Bifida Center of Central New York

Syracuse University School of Design

Upstate Medical University, Department of

Pediatrics

Upstate Foundation

Upstate Medical University, Department of

Physical Therapy Education, Babies

Building Upgraded Movement Patterns

(B<sup>2</sup>UMP) Lab



**Find out more: [FitnessInclusionNetwork.org](http://FitnessInclusionNetwork.org)**