Beyond the Five Senses: A Sense-ational InfoShare!

Friday, April 26th, 2013
Alliant Energy Center Exhibition Hall
8:30 AM—3:00 PM

mindfulness

affirmations massage yoga
gardening creating art
dance/movement therapy music
listening to your body
creating sensory environments
meditation ...

Waismann Center
The University of Wisconsin Waisman Center Community Training and Consultation program offers accessible, affordable and practical learning opportunities for people working to support people with developmental disabilities in the community, along with consumers and their families.

Training and Consultation contracts with Dane County Human Services to offer a reduced registration fee to agencies supporting adults with developmental disabilities in Dane County.

Additional support for InfoShare is provided by Group Health Cooperative - South Central Wisconsin

Agenda

(Schedule subject to change)

8:30—9:00 AM Registration and Limited Continental Breakfast

9:00—9:15 Welcome: Monica Bear

9:15—10:15 Keynote Address: Nanette A. Negri: Experiencing and Exploring the Gifts and Bumps of Sensory and Movement Differences

10:15—10:25 Break/Visit Exhibitor Tables

10:25—11:10 Break Out Sessions and Workshops (1, 2)

11:10—11:20 Break/Visit Exhibitor Tables

11:20—12:05 Break Out Sessions and Workshops (3, 4)

12:05—1:00 Lunch/Entertainment/Visit Exhibitor Tables

Performance by Encore Studio for the Performing Arts

1:00—1:45 Break Out Sessions and Workshops (5, 6)

1:45—1:55 Break/Visit Exhibitor Tables

1:55—2:40 Break Out Sessions and Workshops (7, 8, 9)

2:40—3:00 Closing Activity in the Atrium—Music Recreation
Nanette Negri, Ph.D.

All of us experience this world through our senses. All of us learn, behave and formulate memories based on these experiences. And while all of us do this generally in the same way, each of us also does so differently. How we experience the world, learn, create, store memories, and manage stress makes us who we are...each much the same, and yet different from one another.

This keynote will offer a variety of simulation activities designed to allow each of us to experience the world differently than we might usually. What if everything was always too loud? What if everything came in equally at the same time? What if we could see dust particles dance before us? What if once we started doing something we couldn’t stop? What if we could notice only what was happening right in front of us? This will be a chance to experience and learn to appreciate different ways of noticing sensory and movement input. Some bring tremendous gifts, and others, tremendous challenge.

Learn ways to enjoy and appreciate the gifts and ways to manage the challenges. Come prepared to try on a different way of being and enjoying, and to find new ways to relax and manage minor irritation to major stress through a variety of ways to promote well-being.

Keynote Address

(1) Meditation: It’s Not What You Think
Michael Shinners, Waisman WIN nurse, has been doing regular meditation for 6 years, including 5 years w/ a meditation teacher. In this session we will do a group meditation and then discuss common problems with starting a meditation practice and how to work with those problems.

(2) Listening to Your Body
Help recognize and describe pain in yourself and others. Learn why pain happens and how to deal with it. Understand how alternatives such as massage and meditation can help you feel better. Presented by Marcia Stickel, Waisman WIN.
(3) Mindfulness and Yoga
Whether you are an individual requiring significant support from others, or an individual providing support to another, mindfulness and yoga can make your experience in that relationship, and your life in general, fuller and more satisfying. Science is showing us now that the practices of mindfulness and yoga can have a powerful positive effect on your overall health, well-being and happiness. This session will give you an opportunity to begin or extend your practice by introducing you to a few basics of both mindfulness and yoga. Wear comfortable clothes, bring a beach towel or yoga mat if you can (but come anyway if you can’t…we’ll have extras), and be prepared to experience and enjoy! Presented by: Nanette A. Negri, PhD and Lisa N. Hoeme, MS, CRC, LPC, CYKF

(4) Sensory Diets (Sensory Based Activities) and How to Integrate Them Into Everyday Life
Just as one needs food throughout the course of the day, we need sensory input, and opportunities for getting away from stimulation, spread out over the whole day. A “sensory diet” (coined by OT Patricia Wilbarger) is a carefully designed, personalized activity plan that provides the sensory input a person needs to stay focused and organized throughout the day. This session will talk about sensory diets and how to integrate them into daily life. Beth Hougan and Melissa Amati.

(5) Using Affirmations for Change
All of us want something in our lives to change. It is the nature of who we are as humans. Whether we receive support from others or provide support, we are all interested in having something change for us…for the better. Come with a playful spirit to learn about how to use Affirmations through music, through art, through words, through thought…as a way to create positive change in your life. Presented by Nanette Negri and Gail Jacobs.

(6) An Introduction into Dance/Movement Therapy: Movers and Shakers
A therapeutic class filled with movement, music and opportunities for social interaction. This group is a safe place for people to come and engage with others while relating through the language of movement. During our time together, we will explore issues relating to relationships, health and body-image, self-esteem and positive leisure activities. Please join us as we connect through the universal modality of movement with Mariah Meyer LeFeber, MA, LPC, BC-DMT, DTRL.

(7) Creating Individualized Sensory Environments
Join this session to learn about putting thoughtfulness into a sensory room. Demonstration and Q&A with Amanda Siefert and Jeromi Rhadans of Family Works.
**Spectrum Yoga**
Linda Mundt, Spectrum Yoga Therapy Supervisor will talk about Spectrum Yoga, developed by Alignment Yoga.

**CREATING THE GOOD LIFE: A Team Pulling it All Together for Safety, Well-being, Well-living, and FUN!**
Come hear the stories, see the videos, and experience some of the activities that this team uses on a daily basis to infuse wellness into all of their lives... See how the focus individual who is needing the support right now, directs and drives his own daily living plan that incorporates relationships, breathing, sensory supports, yoga, mindfulness, music, dance, affirmations, exercise, and meaningful work in a way that is positive and enhances the lives of all involved. Learn about ways of being together that make it better for all involved, and don’t require extra funding! Come prepared for some active sharing and learning...and to have fun!

**All Day: 10:25—2:40 (with a break for lunch):**

**Community Mural**
Contribute to the Community Mural, to be displayed at Community TIES, using markers, colored pencils, paper, fabric, and other art materials to express yourself and stimulate your senses. Facilitated by Molly Linn-Miller.

**Gardening: Strengthening our relationship with the earth and one another**
A good place to develop a taste for yummy and healthy food is in the garden. This "hands in the dirt" session will offer opportunities for folks to begin or strengthen their relationship to gardening. When we garden, we get a chance to participate in planting, nurturing, and harvesting the food we eat. Also, many people find gardening to be a relaxing and fun activity that helps them explore their connection to the earth. We will also consider how we strengthen our connection to our local community through gardening, as well as a variety of other ways to connect with neighbors. Please join us as we celebrate Spring by planting food and flowers that will nurture body and soul. Rebecca Starke – Gardening for Good and Angie Dickens.

**Chair Massage**
Free chair massages provided throughout the day. Scott Dakin, of Dakin Mobile Massage, provides therapeutic massage to people of all abilities; specializing in those with disabilities. Slots are limited!
## InfoShare Vendor/Exhibitor Registration Form

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<tr>
<th>Vendor Name</th>
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<tr>
<td>Attending Support Staff (if applicable)</td>
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<td>Agency/Organization</td>
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**Payment Options:**
- [ ] Check Enclosed #___________
- [ ] Bill Agency
- [ ] Pay at Door

*Make Checks Payable to: Waisman Center*

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**Description of Items:**

**Please check one:**
- [ ] Self Advocate/Micro Enterprise
- [ ] Non-Profit Organization/Informational
- [ ] For-Profit Organization (non-Micro Enterprise)

**Table Size:**
- [ ] Half Table (4 ft)
- [ ] Full Table (8 ft)

*Tables are un-skirted and bare.*

**VENDOR REGISTRATION INFORMATION:**

**Registration Fee:** $10 per person

Vendor Registration will count as conference registration.

Please contact Rachel Weingarten with questions:

Phone: 608-890-0777 | Email: weingarten@waisman.wisc.edu
InfoShare Conference Registration Form

Name

Attending Support Staff (if applicable) (add $10)

Agency/Organization

Billing Address

Contact Name

Phone Email

Please Indicate Workshop Preference. Select ONE per time slot:

<table>
<thead>
<tr>
<th>Time Slot</th>
<th>Workshop Options</th>
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<tbody>
<tr>
<td>10:25—11:10 AM</td>
<td>□ (1) Meditation □ (2) Listening.. □ Gardening □ Mural</td>
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<tr>
<td>11:20 AM—12:05</td>
<td>□ (3) Mindfulness □ (4) Sensory Diets □ Gardening □ Mural</td>
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<td>1:00—1:45 PM</td>
<td>□ (5) Affirmations □ (6) Dance □ Gardening □ Mural</td>
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<td>1:55—2:40 PM</td>
<td>□ (7) Sensory Environments □ (8) Spectrum Yoga □ Gardening □ Mural</td>
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<td>□ (9) Creating the Good Life.. □ Gardening □ Mural</td>
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Conference Registration Fee: $10 per person

Payment Options:

☐ Check Enclosed #___________ ☐ Bill Agency ☐ Pay at Door

Make Checks Payable to: Waisman Center

Please check:

☐ Self Advocate/Consumer ☐ Support Provider/Care Giver/Other

Mail Conference and Vendor Registration by April 22, 2013 to:

Community Outreach Wisconsin
122 E. Olin Ave., Ste. 100, Madison, WI 53713
Online Registration: [https://www.surveymk.com/s/COWRegistration](https://www.surveymk.com/s/COWRegistration)

Contact: Rachel Weingarten | 608-890-0777
weingarten@waisman.wisc.edu