

City of Cambridge

Commission for Persons with Disabilities

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Keisha Greaves

Chair

Danielle Jones-McLaughlin

Secretary

Loring Brinckerhoff

Avril dePagter

Rayna Jhaveri

Melissa Miguel

Deepti Nijhawan

Emma Pan

Zach Solomons

Daniel Stubbs

Rachel Tanenhaus

Executive Director/
ADA Coordinator

Kate Thurman

Deputy Director/
Assistant ADA Coordinator

The Cambridge Commission for Persons with Disabilities is holding an abbreviated meeting online via Zoom on Thursday, August 8, 2024 from 5:30 – 7:00 PM

PLEASE MAKE EVERY EFFORT TO JOIN BY 5:30 PM

AGENDA

Please keep your microphone muted when you are not speaking

- | | | |
|---|---------|---|
| 1. Introductions | 8 min. | |
| <i>Welcome, new members!</i> | | |
| 2. Announcements | 2 min. | CCPD staff / Board |
| 3. Presentation on Adaptive Sports | 45 min. | Kathleen Salas, Spaulding Adaptive Sports Center |
| 4. Approval of June Minutes | 2 min. | CCPD Board |
| <i>See page 4 of this agenda packet</i> | | |
| 5. Chair's Report | 10 min. | Keisha Greaves |
| 6. Public Works Update | 10 min. | Melissa Miguel |
| 7. Staff Report | 10 min. | Rachel Tanenhaus |
| 8. Public Input | 3 min. | general public |
| <i>See pages 2&3 of this agenda packet for instructions on providing public comment</i> | | |

CART/closed captioning will be provided for this meeting

Captions can be turned on within the Zoom platform. Additionally, you may stream CART in a separate URL, which will be provided in the meeting.

(captions will not appear until the meeting has started)

The City of Cambridge Commission for Persons with Disabilities, does not discriminate, including on the basis of disability. The Commission for Persons with Disabilities will provide auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policies and procedures to persons with disabilities upon request.

The next CCPD meeting will be held on either Thursday, September 12 from 5:30-7:00 PM (summer recess to be voted on at today's meeting)

Members of the public: See instructions on pages 2 & 3 on how to watch the CCPD meeting and provide public comment via Zoom

Approved 9/12/2024

Cambridge Commission for Persons with Disabilities (CCPD)

Minutes for Thursday, August 8, 2024 CCPD Meeting

Online via Zoom

Meeting was called to order at 5:36 PM

Present:

Members: Loring Brinckerhoff, Avril dePagter, Keisha Greaves (Chair), Rayna Jhaveri, Melissa Miguel, Danielle Jones-McLaughlin (Secretary), Deepti Nijhawan, Emma Pan, and Zach Solomons

Absent: Dan Stubbs

Staff: Rachel Tanenhaus and Kate Thurman

Guest speaker: Kathleen Salas, Spaulding Rehabilitation Adaptive Sports Center

Announcements:

- Welcome to our newly appointed members, Rayna Jhaveri and Emma Pan!

Presentation on Spaulding Adaptive Sports Center (SASC):

Kathleen Salas, PT, MHA, Boston Coordinator of Spaulding Adaptive Sports Center (SASC) spoke about SASC's history and offerings. To learn more or pre-register for adaptive recreation opportunities, visit <https://sasc.spauldingrehab.org/>.

Kathleen can be reached at ksalas@mgb.org

Summary of her presentation:

- The goal of SASC is to bridge the gap from rehabilitation to health and wellness. When patients go to Spaulding Rehabilitation Hospital to rehab after spinal cord injuries, brain injuries, etc., they receive intensive inpatient services. A physician started the Boston adaptive sports program 22 years ago after recognizing that patients still need support and wellness after their acute rehab, and the SASC has grown significantly in the years since. SASC now has locations in Boston, on the North Shore, and on Cape Cod.
- Adaptive sports are activities, rules, and/or equipment modified for success of each client, regardless of physical or nonapparent disabilities and may include specialized sporting gear & adaptations; adapted rules; and individualized coaching
- The four pillars of SASC are:
 - Programs
 - SASC offers both virtual (via Zoom) and in-person classes and sports
 - Programs offered include cycling, mountain biking, wheelchair basketball, golf, tennis & pickleball, therapeutic horseback riding, rock wall climbing, air rifle & archery, therapeutic drumming, skiing, sled hockey, yoga, kayaking, swimming, running, fishing, and more
 - They offer virtual adaptive yoga, pump & cardio conditioning, adaptive boxing, dance with Parkinson's, and stand balance classes
 - Education
 - SASC staff go into schools with adaptive wheelchairs and other equipment to meet with special education (SPED) directors, school physical and occupational therapists, etc. to discuss the need for adaptive sports and physical education

- Kathleen also speaks with physical and occupational therapy students about the importance of recommending exercising, health, wellness, activity, sport, etc. to patients with chronic disabilities just like they do to non-disabled patients.
- Advocacy
- Research
 - Dr. Cheri Blauwet, a Paralympian, physician & administrator at Spaulding, has done extensive research on the benefits of adaptive sports
- The SASC is primarily staffed by recreation professionals, but they also have some physical and occupational therapists who work with them and attend classes and events. Currently, the program costs \$25 per session, which covers equipment, staffing, etc.
- Kathleen spoke about the “right to risk” that all individuals have. She said that there tends to be a focus on liability and wanting to keep disabled participants safe. While safety is important, people with disabilities (PwD) have the right to take risks just like anyone else. Kathleen spoke about SASC’s goal of modifying the risk, modifying equipment to make sports safe for disabled participants and finding a balance so they don’t get stuck in a fearful, clinical mindset and hold people back.
 - While Spaulding inpatients do require medical clearance to participate, other community members are required to sign a waiver but do not need to submit medical documentation
- She spoke about barriers to adaptive sports and recreation and SASC’s efforts to reduce them, including costs and transportation. SASC offers a 50% discount to participants who are unable to pay the full \$25 fee for sessions. Kathleen noted that the hospital deeply supports their mission
- Benefits of adaptive supports include:
 - Psychological
 - Psychosocial
 - Emotional
 - Body confidence & awareness
 - Less depression & anxiety
- Participants are required to pre-register for sessions, which they can do from the [Spaulding Adaptive Sports Center website](#). They will then receive an email to let them know if there is space and enough equipment for them to join the session.
- SASC received a grant from the Centers for Disease Control to develop Mentor, an 8-week virtual program with small groups that focuses on mindfulness, exercise, and nutrition to optimize resilience. Mentor provides participants with five hours of programming a week, access to an app to track steps, calories, and whatever individual’s goals are. They get health coaching and exercise & mindfulness classes with the University of Alabama each week.
- Kathleen mentioned that Spaulding Cambridge has a rowing program that offers Functional Electrical Stimulation (FES), which is used to stimulate paralyzed muscles. The Cambridge site also has a fully equipped gym in the basement.
- Friends and family members of disabled participants are welcome to attend SASC sessions as space permits. There is no charge for friends and family, just for the participant.

Minutes:

A motion to approve the June minutes was seconded and then passed unanimously by all present

Chair’s Report:

- Keisha encouraged members to email or text her with ideas for guest speakers, agenda items, etc.
- She is going to send out a survey to CCPD members about what they would like to use meeting time for, etc.
 - Rachel reminded everyone that Open Meeting Law prohibits any discussion between a quorum of members (6 or more) outside of public meetings.

- Rayna asked if CCPD is looking for ideas on how to gather information without running afoul of Open Meeting Law. Such ideas are welcome and encouraged!
- Deepti suggested making guest presentations shorter so there's more time for members to share ideas, create projects, and do the work. She suggested limiting guest speakers to 30 minutes
- Rayna added that it would be helpful to know the format, what the objective is, how long the meeting's going to be, when people are meant to be listening, when they are meant to be sharing or speaking, when decisions are made, etc. She would like to get a sense of structuring the time in a way that is useful to the group
- Rachel noted that we are required to post the agenda 48 hours ahead of meetings and that presentations are also generally posted ahead of time.
- Keisha let Rayna and Emma know that members had a board retreat last year where people formed small working groups. Rachel suggested adding agenda time at the September meeting to discuss the small working groups, which are active, what members are interested in, etc.
- Rayna offered her expertise in operations management to help make the meetings engaging, fun, and a worthwhile use of people's times. Feedback on how to improve the experience for members was encouraged.

Public Works Update:

Melissa Miguel explained to new members that she oversees street and sidewalk reconstruction in the City. She noted that the Department of Public Works (DPW) has a miscellaneous sidewalk contract that is dedicated to fixing accessibility issues on sidewalks around the City that are not scheduled for construction under other contracts. For example, residents can report a problem with a curb ramp that needs repair either to Kate and Rachel or via SeeClickFix, and it will get added to the repair list under the miscellaneous sidewalk contract.

Please see attached document "August Update – DPW" for details on current construction projects on which Melissa reported.

- Each construction project has a dedicated webpage with updates, which can be found at <https://www.cambridgema.gov/Departments/publicworks/cityprojects>
 - Under the contact tab for each street, you can enter your email address if you would like to receive construction notifications
 - Search the street of interest in the keyword field

Staff Report:

Rachel reported that the City's transit planner, Andy Reker, will be joining September's meeting to speak about how the MBTA intersects with the City, etc.

Meeting adjourned at 7:00 PM

Respectfully submitted,
Kate Thurman



AUGUST UPDATE - DPW

➤ **On-going construction:**

River Street/Carl Barron Plaza

- Utility work along the corridor, and foundation work at Carl Barron Plaza, continue.
- Curb and sidewalk work is proceeding on Fairmont Ave(the “shared street”), Fairmont St, Rockwell St, Laurel St and Kelly Rd.)
- A visually impaired resident of Manning Apartments has some concerns/questions about the project (and the greater Central Square area). Rachel and Jerry Friedman will do a site visit to hear more specifics so that we can address them.

Willard Street

- Utility work is complete as is full-depth roadway construction.
- Curb, sidewalk and landscape is underway.
- Final completion will be this fall.

Port Infrastructure Project:

- The Park and Phase 1 Utility/Roadway project will be bid in the fall of 2024 for construction starting over the winter when the basketball courts and park have less use.

Chapter 90, Contract 24

- Huron Avenue – Glacken Field to Aberdeen is complete. Aberdeen to Fresh Pond Parkway is complete. Punch list work remains.
- Gas Co. has finished their work on Aberdeen Ave.
- Chestnut Street - water main installation complete. Roadway binder paving complete. Sidewalk reconstruction to follow.
- Webster Ave – Binder paving complete. Sidewalk work is ongoing.
- Elm St – Tree protection installed. Water main relay continues.

➤ **Upcoming projects:**

Mass Ave Partial Construction

- We are still planning for a “Rindge to Linnaean” Public Open House in the fall. Date has not been set yet.
- A construction project to remove sections of the roadway median (except where needed at crosswalks), and perform some early utility work, is scheduled to be put out to bid this fall.

Chapter 90, Contract 25 - Newport Construction low bidder. Anticipated construction starts late summer 2024.

- **Project Page:** Folks can sign up for email notifications under the contact tab:
 - <https://www.cambridgema.gov/Departments/publicworks/cityprojects>
- Search the street of interest in the search bar then click the contact tab
- Streets included in Contract 25:



- Green St- Pearl to Landsdowne
- Maple Avenue- Broadway to Cambridge-
- Centre St – Dana to Hancock
- Montgomery St – Harvey to Rindge
- Sciarappa St- Charles to Winter

Chapter 90, Contract 26 – First round of community meetings are complete. Next round will begin in Sept. where the city will present a 75% design plan based on community feedback, local, state and federal ordinances and standard engineering practices.

Project Page: Folks can sign up for email notifications under the contact tab:

- <https://www.cambridgema.gov/Departments/publicworks/cityprojects>
- Search the street of interest in the search bar then click the contact tab
- Streets included in Contract 26:
 - Chetwyn Road – Newell St to End
 - Will be a shared street
 - Gray Street – Martin to Linnaean
 - Haskell – Rindge to Mass Ave
 - Norfolk – Broadway to Somerville City Line
 - Shepard – Garden to Mass Ave
 - Kirkland Rd – Kirkland St to Dead End
 - Will be a shared street
 - **Two additional streets recently added to this contract:**
 - **Avon Hill Street -Linnaean to Upland**
 - **Hillside Ave- Avon Hill St to Washington Ave**

Recreation & Sport for All



**Rehab <-> Recreation:
Barriers & Benefits
Opportunities & Resources**

Kathleen Comfort Salas, PT, MHA
ksalas@mgb.org

 **Mass General Brigham
Spaulding Rehabilitation**

Adaptive Sports Centers

“SASC” Who are we?



Adaptive Sports Centers

- PT, OT, TR and adaptive sports specialists
- Low- cost accessible sport & recreation
- **Bridging the gap from rehab to health & wellness >20 yrs.**

4 Pillars:

- Programs
- Education
- Advocacy
- Research





What are adaptive sports ?

Activities, rules &/or equipment modified for success of each client, regardless of physical or hidden impairments.

- Specialized sporting gear +/- adaptations;
- Adapted rules;
- Individualized coaching.

We provide challenge by choice & a “right to risk”

 Mass General Brigham
Spaulding Rehabilitation

Adaptive Sports Centers

Changes in Adaptive Sports



SASC helps > 500 clients/year “Find Their Strength”

2021 Sports (25)

- Cycling, MTB
- Wheelchair Basketball
- Golf
- Tennis & Pickleball
- Therapeutic Riding
- Rock Wall Climbing
- Air Rifle & Archery
- Therapeutic Drumming
- Skiing/Riding
- Sled Hockey
- Yoga
- Inclusive Fitness (IFT)
- Kayaking, Outrigger Canoeing, Stand Up Paddle (SUP)
- Swimming
- SPRINT Running Series

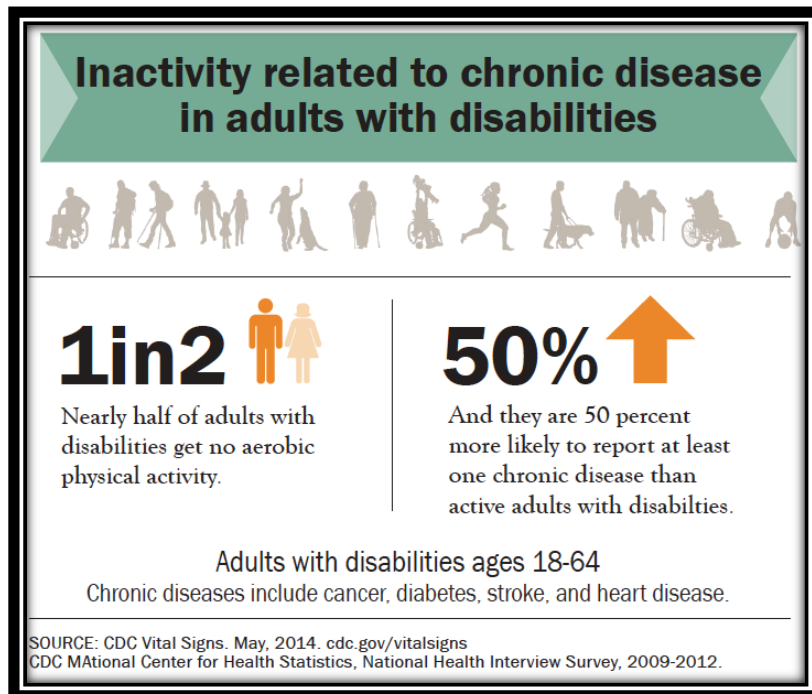
2021 Virtual Programs (17)

2021 Veteran Programs (4)

- Sport and Spirit
- Skiing/Riding
- WC Basketball
- Fishing



Is there Equal Access?



Convention on the Rights of Persons with Disabilities (2006)

Article 30.5:

**Participate in Cultural Life, Recreation, Leisure and Sport:
Encourage/promote pwd in mainstream sport & equal
access for disability-specific opportunities.**



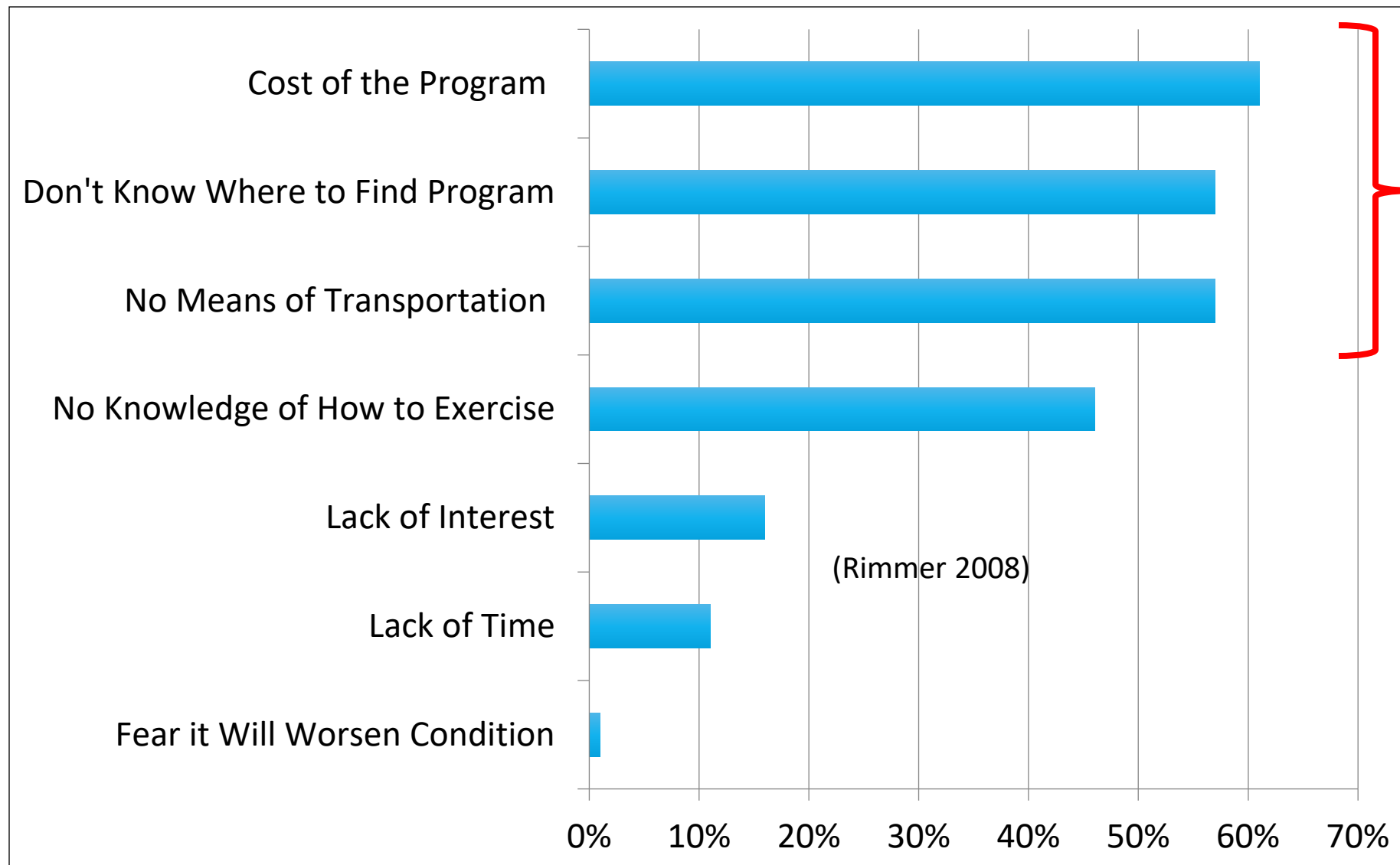
“Dear Colleague” Letter (2013)

A school district “must ensure that a student with a disability participates with students without disabilities” and “the provision of unnecessarily separate of different services is discriminatory.”

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Adaptive Sports Centers

Many Barriers



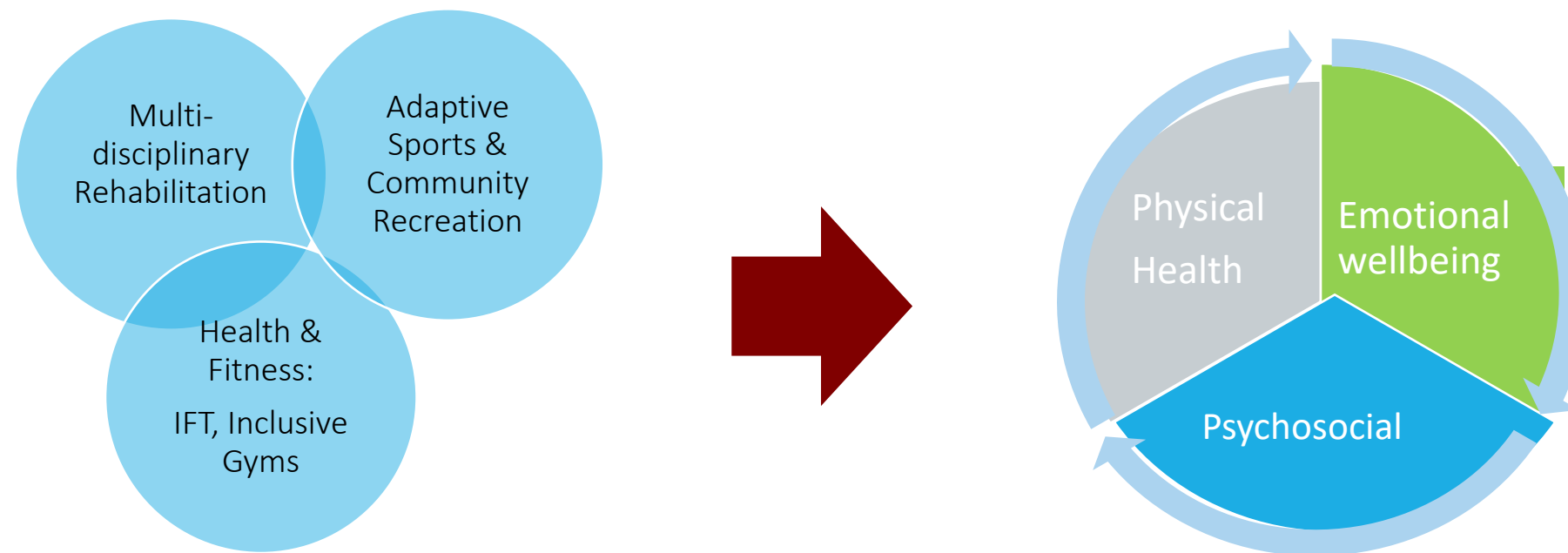
Modifiable!



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Adaptive Sports Centers

Many Paths & Many Benefits



Expand body composition & confidence, whole health.
Reduced anxiety/depression (Muraki 2000, Gioia 2006)
Improved social integration, life satisfaction, employment, empowerment

More than Sport

Table 1

| Physical (P) and Emotional (E) Factors | Mean Improvement | Standard Deviation |
|--|------------------|--------------------|
| Flexibility (P) | 58.3% | 2.6% |
| Strength (P) | 68.0% | 2.4% |
| Endurance (P) | 68.4% | 2.3% |
| Balance (P) | 61.4% | 2.6% |
| Confidence and Self Esteem (E) | 83.8% | 1.8% |
| Mood (E) | 85.0% | 2.1% |

SASC Self-report Survey (2010)

“Since my accident SASC has become my strongest surrogate family. Adaptive sports is the bridge to feel whole & make daily life an adventure -away from physical limitations that no longer define me. It's a feeling of personal strength that makes all the struggles a lesser nuisance rather than an impediment.” **SASC Survey (2022)**



Kelley Institute for Adaptive Sport Research (2014)

- *Impact of adaptive sports on well-being of individuals with disability & their communities*
- *Promote & expands inclusive options.*

1. Physical well-being and safety (wrt perceived injury risk);
2. Social relationships;
3. Transformed intrapersonal beliefs & attitudes;
4. Access to sport.





Who participates in adaptive sports ?

- Anyone having difficulty participating in sport or recreation in their community.
- Inpatients need Doctor clearance but can come.
- Participants can attend once, seasonally or year-round.
- Few sports have specific “essential eligibility criteria” to safely participate (water sports, alpine skiing, therapeutic horseback riding).

Registration required
<https://Sasc.Spauldingrehab.Org>
877-976-7272

Search by

- Region (Boston, NS, CC, Virtual)
- OR Activity
- OR Month

The screenshot shows the Spaulding Rehabilitation Network website. The header includes the Spaulding logo and navigation links: Home, Join, My Account, Activities, My Activities, and Login. Below the header, there's a section titled "CREATE AN ACCOUNT" with the text: "We're glad you've decided to join us! Get started by picking a category. If you aren't sure if you already have an account or if you have forgotten your account information, please call 877.976.7272 or email spauldingadaptivesports@partners.org for help." Below this text are two buttons: "PARTICIPANT" and "VOLUNTEER". A large blue arrow points from the "VOLUNTEER" button towards the right. At the bottom of the page, there's a footer with the Spaulding logo, a site map, terms & conditions, patient confidentiality, careers, FAQs, and contact us information.

WE LOVE VOLUNTEERS!

OUR COMMITMENT TO YOU.

Our commitment is to deliver compassionate care across the healthcare continuum to improve quality of life for persons recovering from or learning to live fully with illness, injury and disability.

PARTNERS HEALTHCARE
 FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
 AND MASSACHUSETTS GENERAL HOSPITAL

HARVARD MEDICAL SCHOOL
 TEACHING HOSPITAL

Ranked 6th among
 rehabilitation hospitals
 for 2016/2017 by
 US News & World Report

The screenshot shows the Spaulding Rehabilitation Network website's calendar view. The header includes the Spaulding logo and navigation links: Home, About, Join, My Account, Activities, My Activities, COVID FAQs, and Login. Below the header, there's a section titled "calendar view" with a grid of activities. Each activity card includes an icon, the activity name, location, date, and time. The activities listed are:

- BOSTON Indoor Cycling** South Shore YMCA - Quincy - 11/10/2020 10:00am-11:00am
- BOSTON Indoor Cycling** Ristuccia Memorial Arena - Wilmington - 11/10/2020 9:00am-10:00am, 11:30am-12:30pm, 1:30pm-2:30pm
- BOSTON Upper Body Pump** Ristuccia Memorial Arena - Wilmington - 11/10/2020 10:15am-11:15am
- VIRTUAL Upper Body Pump+ At Home** Video Conference via - Zoom - 11/10/2020 10:15am-11:15am
- VIRTUAL Movement and Meditation+ At Home** Video Conference via - Zoom - 11/10/2020 4:00pm-5:00pm
- VIRTUAL Sport Performance Series** Video Conference via - Zoom - 11/10/2020 4:00pm-5:00pm Session: 3 of 4
- BOSTON Indoor Open Swing Golf** South Shore YMCA - Quincy - 11/10/2020 12:30pm-1:30pm
- BOSTON Inclusive Fitness Training** Ristuccia Memorial Arena - Wilmington - 11/11/2020 9:15am-10:00am, 10:15am-11:00am, 1:00pm-1:45pm, 2:00pm-2:45pm
- CAPE COD Indoor Cycling** Spaulding Rehabilitation Hospital
- VIRTUAL Weingarten Yoga+ At Home** Video
- VIRTUAL Inclusive Fitness Training+ At Home** Video
- VIRTUAL Found Sound: Group Drum Circle**

Spaulding Rehabilitation

Adaptive Sports Centers

SASC Values

“Exercise and sports are *therapeutic and preventative interventions* for physical & mental health”. *President’s Council on Physical Activity and Sport*

- Early introduction to sport matters.
- So do environmental factors for access.
- Right to Risk



Summer Sport with SASC: Considerations & Adaptations



Summer Sport with SASC: Considerations & Adaptations



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Adaptive Sports Centers

Summer Sport with SASC: Considerations & Adaptations



Virtual Exercise Programs

Developing a Virtual Adaptive Sports Program in Response to the COVID-19 Pandemic

Cheri A. Blauwet MD✉, David Robinson MD, Alison Riley DPT, Keja MacEwan BA, Mary Patstone MA, Mary E. Dubon MD



Virtual Programs

Inclusive Fitness (IFT)

- Adaptive Yoga, Chair Yoga
- Pump, Cardio Conditioning
- Adaptive Boxing
- Dance with Parkinson's
- Stand Balance

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Adaptive Sports Centers

mentor

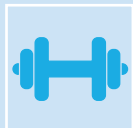
Mindfulness, Exercise, and Nutrition to Optimize Resilience



Mentor is an introductory health & wellness program with *lifelong benefits*.



Free, 8-week virtual series through CDC Grant with NCHPAD Connect.



5-hours of virtual commitment per week:

1 mindfulness & 1 nutrition class, 2 exercise groups + 1 coaching session with your cohort.

Regional Resources for Programs & Grants- ExPD & FES Rowing at SRCambridge



Adaptive Sports Centers

Winter Cycling Nov-April

Indoor Spin
SPAULDING
CAMBRIDGE



aMTB: Mountain Biking
Cape Cod's McGraw Center



NS Indoor Target Sports: Air Rifle & Archery



Ski & Ride Club



- Wachusett Mountain Thursdays
- NH & VT alternate Saturdays
- Bus from Charlestown & North Shore

All abilities welcome for seated or standing skiing or snowboarding!

Adaptive Swim: Boston & Cape Cod

Prep & progress swim skills

Coordination-breathing, arms

Back & front float

-> glide-> kick

Crawl & sidestroke

Treading water

Independence & safety in community



Sled Hockey

Recreation &
competitive



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Adaptive Sports Centers



