

## *Conference Agenda 2008*

C.P. Conference V

“Five Years and Growing”

### **INTERDEPENDENCE**

**A No Holds Barred Analysis on Living with Cerebral Palsy**

**October 17<sup>th</sup> – 20<sup>th</sup>, 2008  
Arlington, Virginia**

#### **OCT 17<sup>TH</sup> - Friday**

**3:00 PM - 6:00 PM --- REGISTRATION - TIRED FROM A LONG TRIP?  
REFRESH YOURSELF WITH A MASSAGE!**

Many conference attendees will arrive at the DoubleTree Hotel after a long and arduous trip. You can banish your fatigue by enjoying a relaxing massage at the hotel. The massage is free and will help put attendees in a positive frame of mind as they begin the conference. You will be able to sign up for your massage at a registration table in the lobby. The time available for massage is limited, so be sure to register as soon as you reach the lobby.

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**DINNER --- ON YOUR OWN -** There are numerous restaurants in and around the DoubleTree, and attendees will be able to find one that satisfies their taste buds and their budgets.

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**7:30 PM - 9:30 PM --- RECEPTION FOR CONFERENCE PARTICIPANTS AND FRIENDS -**

#### **OCT 18<sup>TH</sup> – Saturday THEME for the day --- Communication**

**8:00 AM – 8:45 AM --- CONTINENTAL BREAKFAST**

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**8:45 AM – 9:00 AM – OPENING REMARKS BY THE CP GROUP’S CO-FOUNDERS, David Bauer and Robert Watson.**

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**9:00AM – 9:15AM --- Conference Associate Role Call**

**9:30 AM - 11:00 AM --- The First Amendment: The right to free speech**

**\*\*\*This panel discussion will consist of 4 presenters:**

- **An individual from the Maryland Relays Service.**
- **An individual who uses a communication device on a daily basis.**
- **An individual with a C.P. accent.**
- **An individual with C.P. who speaks clearly**

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**11:00 AM – 12:15PM - “6 OUT OF 10”**

- **An in-depth look at Abuse and Neglect among individuals with Cerebral Palsy. Presenter: EW**

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**12:15 PM - 1:30 PM --- LUNCH**

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**2:00 PM - 3:30 PM --- What is your Quality of Life?**

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**4:00 PM - 5:30 PM --- Gender Issues: A frank discussion on Issues directly related to your gender.**

- **A session on Women's issues (Ladies Only)**
- **A session on Men's issues (Gentlemen Only)**

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**6:00 PM Dinner - This dinner is in the hotel and is included in your conference fee.**

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**8:30 PM - Until ---?? Dancing and Karaoke with DJ Jim.**

**OCTOBER 19<sup>th</sup> – SUNDAY Theme for the day “Alternative Therapy”**

**-8:00 AM - 9:00 AM – CONTINENTAL BREAKFAST**

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**9:00 AM - 11:00 AM – A presentation on results of a study, which was the use of exercise to address pain - Presenter-Laura Vogtle, Ph.D, Occupational Therapist**

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**11:15 AM – 12:15 PM – Presentation and Demonstration on Essential Oils and Magnets and how they can enrich an enhance your life. Presnters: Lynn Watson Cathy Bower**

**12:15 PM - 1:30 PM – LUNCH**

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**2:00 PM - 3:15 PM – Presentation on Hypo Therapy. Presenter: Beverly Willard, LPT**

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**3:30 PM – 5:00 PM – Open Air Session – This session will be a forum to discuss any issue centered around Cerebral Palsy. “It is time to get REAL.”**

**Often during our conferences wonderful topics are brought up but can not be address at that time. Those topics will be written down on a flip chart and will be discussed during this session. Facilitated by: ??**

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**DINNER ON YOUR OWN (Remember take this time to network among yourselves.)**

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**7:30 PM – Movie Night. “I’m Dancing Inside.” This movie deals with issues facing people with disabilities in daily life.**

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**OCTOBER 20<sup>th</sup> – MONDAY Theme for the day – “5 Years and counting.”**

**Where Does the CP Group go from here?**

**8:00 AM - 9:00 AM – CONTINENTAL BREAKFAST**

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**9:00 AM – 10 :00 AM – A Round Table Discussion on the Preferred Direction for the Group. Facilitated By: ?**

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**10:15 AM - 11:45 AM – CREATING NEXT YEAR’S CONFERENCE**

**Planning next year’s conference begins as soon as the current conference is completed. Selecting topics for discussion next year is a major task. If you would like to lead a discussion group at next year’s conference, now is**

the time to talk to the conference committee about your ideas. And if you want to get involved in working on the conference committee, there's a lot of work to do, including finding speakers and presenters, dealing with the logistics of bringing a large number of people to the conference site, finding ways to finance the conference, publicizing the conference and building outreach programs to contact adults with CP that haven't heard about the conference. The CP Group needs your help, so plan on attending this important session.

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## **To register for the conference complete the form on our website.**

[www.TheCPGroup.org](http://www.TheCPGroup.org)

The fee for the conference is \$175 which includes admission to all roundtable discussions as well as continental breakfast and lunch on Saturday and Sunday also dinner on Saturday. Additionally, hors d'oeuvres will be served at the opening reception on Friday evening.

Participants should call the DoubleTree Hotel for room reservations (1-800-222-TREE) and say they will be attending the CP conference in order to qualify for the special rate of \$124 plus tax a night. Our group code is "CPG" The DoubleTree (Crystal City)

**PERSONAL ASSISTANTS WILL BE PROVIDED AT \$12.50 PER HOUR.**

**YOU MUST PUT THIS INFORMATION ON YOUR REGISTRATION FORM IN ADVANCE OR YOUR ACCOMMODATIONS MAY NOT BE MEANT.**

### **DIRECTIONS TO DOUBLETREE HOTEL-PENTAGON CITY**

#### **ARRIVAL BY CAR**

Please check Mapquest for directions from your point of origin to the hotel.

#### **ARRIVAL BY AIR**

If you are flying into Reagan National Airport, you can ride the DoubleTree van from the airport to the hotel. The van runs about every half hour. You can also take the Metro (going toward Washington) two stops to Pentagon City and follow directions below.

#### **ARRIVAL BY TRAIN**

**If you are arriving by Amtrak at Union Station in Washington, catch the Red Line Metro train at the station, and transfer to the Yellow Line at Gallery Place (two stops). Take the Yellow Line to the Pentagon City stop and follow the directions below. Be sure not to get off at the stop called “Pentagon”.**

## **LOCAL ARRIVALS**

**GETTING TO THE HOTEL FROM THE METRO** Turn right as you exit the station. Take the elevator to the street level (S. Hayes St.). You will see a Borders book store as you exit the elevator. Cross S. Hayes St to the Fashion Centre Mall at Pentagon City. The DoubleTree operates a van which stops in front of the Ritz-Carlton Hotel where you will see a booth marked “Shuttles”. The DoubleTree shuttle runs every half hour at 10 minutes after and 40 minutes after the hour.

**If you are coming by Metro, take the Yellow or Blue Line Metro train going in the direction of Virginia. Get off at the Pentagon City stop (not the Pentagon stop).**