Table of Contents

NCPAD NEWS: April 2007

A monthly publication of NCPAD - the NATIONAL CENTER on PHYSICAL ACTIVITY and DISABILITY www.ncpad.org.

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THIS MONTH'S TOPICS

- From the Editor’s Desk: Variety is the Spice of a Healthy Lifestyle
- Director’s Column: Exercising Your Brain
- From the Information Specialist's Desk: New DVD for Stroke and Multiple Sclerosis
- Focus on Secondary Condition Prevention: Decreasing Secondary Conditions in Traumatic Brain Injury (TBI)
- F.I.T.T.: What Do You Know About the ADA?
- NCPAD Video Corner: Sit Volleyball
- Emerging Evidence in Health and Disability: Treadmill Walking Program for Adolescents with Severe Autism
- Nutrition Spotlight: Nutrition for Parkinson’s Disease
- Community Voice: "Retard" --Speech made by a High School Senior
- NCPAD Book Corner: Healthy Martial Arts
- Events
- Conferences
- Employment
- Grant and Research Opportunities

From the Editors Desk: Variety is the Spice of a Healthy Lifestyle

This month’s newsletter features a variety of resources and information on disabilities ranging from Parkinson’s Disease to Stroke to Autism and activities including sit volleyball and karate. Additionally, we provide details on upcoming outdoor (and indoor) events around the country, just in time for summer planning.

Send your questions and comments to Blythe Hiss, NCPAD News Editor, at sbonne2@uic.edu.

Directors Column: Exercising Your Brain
Try explaining to someone that exercise is important for strengthening your heart and circulatory system, and they occasionally look at you sideways with an expression of “who cares!” But tell someone the next time you’re on the elevator or waiting at the airport for another delayed flight that exercise improves brain power, and you’ll probably elicit a different response. That’s why the information presented at the 2006 American Psychological Association has had a notable effect on the neurons of the mainstream media, including the highly respected Newsweek magazine.

Read the entire column at: http://www.ncpad.org/director/fact_sheet.php?sheet=516

**From the Information Specialist's Desk: New DVD for Stroke and Multiple Sclerosis**

**NCPAD PRODUCTS**

Purchase the following, as well as NCPAD videos and other products at the NCPAD webshop at http://www.ncpad.org/shop/.

**NCPAD New Product**

DVD for Core and Stability Exercises for Stroke and Multiple Sclerosis

NCPAD presents a great new resource, also available on the webshop, for stroke survivors, persons with multiple sclerosis, and/or wheelchair users, as well as rehabilitation centers and fitness centers! The DVD includes "Core and Stability Exercises for Stroke Survivors and People with Multiple Sclerosis," as well as "How to Prevent Rotator Cuff Injuries for Wheelchair Users," and is a compilation of exercises produced by NCPAD and the Rehabilitation Institute of Chicago (RIC).

Go to http://www.ncpad.org/videos/fact_sheet.php?sheet=499 to learn more and order your copy!

**Project PEP Toolkits**

For National Women's Health Week, the Office on Women's Health sponsors an 8-week national physical activity challenge called the WOMAN Challenge, for females ages 9 and above. Once again, in collaboration with NCPAD, the WOMAN Challenge will offer adapted supplies and programming for participants with disabilities. NCPAD is offering adapted pedometer kits for people with disabilities that include tips on how to get started, how to wear the pedometer, and contain a research-quality pedometer that is more accurate for people with mobility limitations. To purchase one, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=415 or to join the challenge, go to http://www.womenshealth.gov/woman/.

**AIMFREE Manuals**

Last month, NCPAD announced the release of the AIMFREE (Accessibility Instruments Measuring Fitness and Recreation Environments) Manuals, a validated series of questionnaire measures that can be used by persons with mobility limitations and professionals to assess the accessibility of recreation and fitness facilities.

The 6 different versions are available in a box set for $125 per set, or a photocopy may be requested for $10 per version. For more information about AIMFREE manuals, go http://www.ncpad.org/aimfree
OTHER NEWS

Dancing with the Stars, with a Disability

Heather Mills, perhaps best known for her marriage and recent divorce to Paul McCartney, is winning fans around the country as the first person with a disability to compete on “Dancing with the Stars,” a television reality show on the ABC network. Mills lost the lower part of her left leg in a traffic accident 14 years ago. Despite some doubt as to her ability to perform the show’s complicated and highly physical choreography while wearing a prosthetic leg, Heather has emerged as a front runner in the competition. Mills is demonstrating to the world the abilities of those with disabilities, and has said she hopes to inspire young people who have lost limbs.

See NCPAD resources regarding information on fitness and activities for people with amputation:

Chicago Park District Directory

The Chicago Park District (CPD) manages more than 7300 acres of parkland, 552 parks, 33 beaches, nine museums, two world-class conservatories, 16 historic lagoons, 10 bird and wildlife gardens, thousands of special events, sports and entertaining programs. Use the CPD program search option to search by age group, parks, program types or zip codes, ranging from swimming to camps, outdoor events and activities, sports, and much more. Use the online directory to find a good spring or summer activity for the whole family at http://www.chicagoparkdistrict.com/index.cfm/fuseaction/programs.home.cfm.

MONTHLY NATIONAL HEALTH OBSERVANCES

Parkinson’s Disease Awareness Month

Walkers will once again be poised at the start line for the 13th Annual Parkinson’s Unity Walk in New York City on Saturday, April 28. For more information on Parkinson’s Disease Awareness Month, go to http://www.pdf.org/Publications/newsletters/spring07/celebrate_parkisons_awareness_month.cfm, or for details on the Unity Walk, call (866) 789-9255 or visit http://www.unitywalk.org. This month’s Nutrition Spotlight features an article on Nutrition for Parkinson’s Disease at http://www.ncpad.org/nutrition/fact_sheet.php?sheet=513.

Other NCPAD resources for persons with Parkinson’s Disease include:

World Tai Chi & Qigong Day

The annual celebration for the 2007 Official World Tai Chi & Quigong Day is April, 28th, 2007. Tai Chi is an ancient Chinese activity and philosophical exercise aimed at harmonizing the mind and body, and can be particularly effective in improving muscle strength, coordination, relaxation, breathing and circulation. This convenient and adaptable form of activity is suitable for individuals of all physical conditions and abilities. For more information on this annual celebration, please call (913) 648-2256 or go to http://www.worldtaichiday.org.
NCPAD resources regarding Tai Chi include:

National Autism Awareness Month

April is National Autism Awareness Month, as established by the Autism Society of America (ASA). To find out about events taking place in your area, contact Marguerite Colston at (800) 3–AUTISM (328-8476) or mcolston@autism-society.org, or go to http://www.autism-society.org. Emerging Evidence in Disability in this month’s newsletter features a research abstract on a Treadmill Walking Program in Adolescents with Severe Autism at http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=514.

Access other NCPAD resources regarding Autism at:

Focus on Secondary Condition Prevention: Decreasing Secondary Conditions in Traumatic Brain Injury (TBI)

Several studies have reported that people with TBI are more likely to be sedentary (Mossberg et al., 2007), have greater health problems (Bateman et al., 2001; Dault & Dugas, 2002; Kersel et al., 2001) and experience substantially more barriers to physical activity participation compared to the general population (Rimmer et al, 2004). Deconditioning exacerbates the physical and cognitive disabilities that persons with TBI experience, and persons with moderate to severe TBI may have a low tolerance for physical activity and become easily fatigued (Bhambhani, Rowland, Farab, 2003).

To read the entire column, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=511.

F.I.T.T.: What Do You Know About the ADA?

Since we posted our AIMFREE Instruments (www.ncpad.org/aimfree) and the recent launch of the Inclusive Fitness Coalition (www.incfit.org), we have received several inquiries regarding the design of accessible fitness facilities and general questions about the Americans with Disabilities Act (ADA). This prompted us to ask the question, “What does the general public know about the ADA?”

Our roving reporter, Brienne Davis, hit the pavement on March 13 to find out what individuals around the University of Illinois campus had to say about the ADA. Following is a brief summary of what she learned.

To read the entire column, go to http://www.ncpad.org/fitt/fact_sheet.php?sheet=518.

NCPAD Video Corner: Sit Volleyball

Sit volleyball is a sport that is played with six players per team but on a smaller court and a lowered net than is used in non-sit volleyball. This version of volleyball enables double-leg amputees and individuals with spinal cord injuries, polio and various other lower-extremity disabilities to participate.

To download and preview the video clip(s), please go to: http://www.ncpad.org/videos/fact_sheet.php?sheet=510.
Emerging Evidence in Health and Disability: Treadmill Walking Program for Adolescents with Severe Autism


The purpose of this study was to determine the efficacy of incorporating a 9-month treadmill walking program into the weekly academic curriculum of youth with severe developmental disabilities, including autism. The results indicate that for person with autism living in a community residential school treatment facility, a treadmill walking program could be as beneficial as an exercise intervention in controlling body weight and BMI.


Nutrition Spotlight: Nutrition for Parkinson’s Disease

Constipation, urinary tract infections (UTIs), thinning bones, and unexplained weight loss are all common in persons with Parkinson’s Disease (PD). Preventing or managing these conditions can be accomplished through proper hydration and nutritional intake.


Community Voice:

Though our Community Voice column typically involves anecdotes about the effectiveness of exercise or physical activity for people with disabilities, this month we decided to feature an essay by Soeren Palumbo which has been highlighted on national organization websites, including the The Arc of Illinois. Soeren is a senior honors student and big brother to Olivia, who has an intellectual disability. During IllinoisWriter’s Week last month, Soeren gave the following speech to a gymnasium full of his high school peers and faculty at Fremd High School, Wheeling, IL, and received a standing ovation.


NCPAD Book Corner: Healthy Martial Arts

*Healthy Martial Arts*
Bookspan, J. (2006)
*Neck and Back Pain Sports Medicine*

To order, go to [http://www.amazon.com/gp/product/0972121447/sr=8-1/qid=1147879728/ref=sr_1_1?%5Fencoding=UTF8](http://www.amazon.com/gp/product/0972121447/sr=8-1/qid=1147879728/ref=sr_1_1?%5Fencoding=UTF8)

Dubbed the "The St. Jude of the Joints" by a Harvard Medical School clinician due to her greatly successful rehabilitation techniques, Dr. Jolie Bookspan is a black belt in Shotokan karate, an undefeated full contact Muay Thai fighter, a former military research physiologist, professor of anatomy, and a sports medicine specialist. Paralyzed in a non-fighting accident, she rehabbed herself using the methods described in this book.

Bookspan describes the martial arts lifestyle as “a system of learning how to live your regular life…it is
Bookspan describes the martial arts lifestyle as “a system of learning how to live your regular life… it is thinking and acting in healthy patterns throughout daily life, seeking out knowledge and living a life of strong body and mind through cheerful, healthy movement in daily activities”. Each chapter in this book shows how to develop a “part of the whole” and make all of these parts work together. Included are chapters on strength and specificity; functional conditioning; core strengthening and spine and hip positioning; flexibility and stretching; cardiovascular conditioning; mind stimulation and conditioning; balance; breathing; good nutrition, including nutrition for specific health conditions; injury prevention; performance enhancers and gender differences.

This book is a great resource for those who would like to increase their strength, flexibility and level of fitness and learn how to hold and move their bodies in order to prevent injury in both daily and fitness related activities. There are many photographs demonstrating how to perform movements and stretches which feature men and women of various ages, shapes and sizes. The book is also good for those who would like to explore health as both a mind and body experience.

Events

6th Annual Accessible Recreation Day, University of North Carolina Wilmington, April 20th, 9 a.m. – 4 p.m.

Sponsored by the Coastal Carolina Partnership for Accessible Recreation, this annual event features activities adapted for people of all ages who use wheelchairs or have other physical or sensory disabilities, as well as exhibits by various disability resource and advocacy groups.

For more information, please contact Candy Ashton at ashtonc@uncw.edu or (910)962-7794.

Body Worlds 2, Chicago, IL, January 17-April 29, 2007

Gunther von Hagen’s BODY WORLDS 2: The Anatomical Exhibition of Real Human Bodies, will soon be leaving the Museum of Science and Industry. Using a preservation process called plastination, BODY WORLDS 2 displays healthy and diseased organ specimens, which underscore the importance of a healthy lifestyle. A member of each organization and up to four guests can receive discount tickets to the event at www.msichicago.org/bw2/PDF/discount.pdf.

For more information, go to http://www.msichicago.org/temp_exhibit/bodyworlds2/index.html.

Annual Midwest Symposiums on Therapeutic Recreation and Adapted Physical Activity, St. Louis, Missouri, April, 2007

From April 21-24, 2007, the 36th Annual Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity will take place in St. Louis, Missouri, and from April 27-30, 2008, the 37th Annual Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity will take place in Lake Geneva, Wisconsin.

For more information or to register, go to http://muconf.missouri.edu/midwest_symposium/information.html or contact by T: 573-882-4038, F: 573-882-1953, or e-mail: muconf1@missouri.edu

Abilities Expo is a consumer show, open to the public that provides information on independent and assisted living products for persons with disabilities.


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**2007 Commerce Bank Five Boro Bike Tour, New York City, May 6, 2007**

The Commerce Bank Five Boro Bike Tour will be returning to the streets of New York City as the largest recreational cycling (non-competitive) event in the U.S. For further information, please visit Bike New York's website at [http://www.bikenewyork.org/rides/fbbt/index.html](http://www.bikenewyork.org/rides/fbbt/index.html), or call 212-932-BIKE. With the purchase of a tandem bicycle, people with disabilities can team with their friends and family for this adventure. The Achilles Track Club will be offering free tandem bicycle educational sessions and has a limited number of tandem bicycles available for use for those who are unable to purchase their own. For more information, please contact the New York City Sports Commission at (212)487-7120.

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**The Leukemia & Lymphoma Society's Hike for Discovery, Grand Canyon, May 17-20, 2007**

“Hike for Discovery” is The Leukemia & Lymphoma Society's new adventure fundraising program that prepares people, from beginners to seasoned hikers, to experience a natural wonder in a special way.

For more information on this event, please contact Anne Reaven at 312-651-7350, ext. 260 or Anne.Reaven@LLS.org or visit [http://www.hikefordiscovery.org](http://www.hikefordiscovery.org).

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**Chicago Moves Day, Friday, May 18th, 11:00 a.m. - 1:00 p.m., Daley Plaza, Chicago, Illinois**

This fitness rally hopes to inspire Chicago to “get movin’” and will feature inspirational speakers, an Interval Hi Energy Class, celebrity sports figures, Latin Salsa Dancing, a Boot Camp Class, Cardio Kickboxing, Health Screenings, Interactive Fitness Games, and Age Specific Fitness Classes (youth and seniors). Also take advantage of free admission to various fitness classes & centers at participating organizations.


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**Sailing Opportunities for People with Disabilities, Summer, 2007, California, Canada, Illinois, New York**

The 2007 Pan-Pacific Trapseat Championship and the Whiskeytown Regatta both allow Trapseat racers, one of the most affordable and fast accessible sailing opportunities. Dates are May 26-27, 2007, in Redding, California. E-mail Mike Strahle for details at trapseat@c-zone.net.


The Mobility Cup 2007, takes place August 28th to September 1st in Halifax, Nova Scotia, Canada. For
The Mobility Cup 2007, takes place August 28th to September 1st in Halifax, Nova Scotia, Canada. For more information, go to [http://sailable.ca/pdf/Mobility_Cup_2007_release.pdf](http://sailable.ca/pdf/Mobility_Cup_2007_release.pdf).

The Inaugural Combined Access Class World Championships will take place in Ontario, Canada, from August 30 to September 5, 2007. For more information, go to [http://www.accessclass.org/](http://www.accessclass.org/).


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**Multiple Sclerosis Society's Tour de Farms Charity Bike Ride, June 23-24, Illinois**

The Chicago Campus Cyclers, a diverse group of UIC faculty, staff and students, plus their families and friends, are once again participating in this summer's Multiple Sclerosis Society's Tour de Farms charity bike ride through central Illinois.

For more information, or to join the group, please visit the team's Web site ([http://msillinois.org/goto/CCC](http://msillinois.org/goto/CCC)), or e-mail Team Captain Charlie McShane at [emcshane@uic.edu](mailto:emcshane@uic.edu).

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**International Society of Prosthetics and Orthotics World Congress, July 28-August 3, 2007, Vancouver, British Colombia**

The triennial ISPO World Congress is a multidisciplinary, international event for prosthetic and orthotic care. Delegates attending will experience keynote lectures, new and innovative scientific presentations and posters, symposia with experts, instructional courses, technical courses, an extensive, international trade exhibition, social program, and a consumer day.

For more information, contact Mary Novotny at MaryPNovotny@aol.com or (865) 300-4890.

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**2007 DanceAbility Teacher Certification, July 16 -- August 10, 2007, Vienna, Austria**

Presented by Alito Alessi, Artistic Director of Joint Forces Dance Company and founder of DanceAbility and ImPulsTanz - Vienna International Dance Festival, this certification will teach one how to teach or lead mixed-abilities dance, movement, and theater groups. Training includes foundations for improvising and performance-making in diverse groups with and without disabilities, learning to plan and teach classes for all levels and abilities, learning to lead performance-making projects, and integrating Contact Improvisation with mixed abilities.


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**The 2007 Physical Activity and Public Health Course (PAPH), September 11-19, Hilton Head, South Carolina**

The PAPH, sponsored by the University of South Carolina Prevention Research Center and the Centers for Disease Control and Prevention, is entering its 13th year of training and features an 8-day Postgraduate Course on Research Directions and Strategies and a 6-day Practitioner's Course on Community Interventions. For more information, please visit [http://prevention.sph.sc.edu/seapines/index.htm](http://prevention.sph.sc.edu/seapines/index.htm) or contact Janna Borden at (803) 576-6050 or isborden@gwm.sc.edu.
Conferences

**Accessibility Coordinator Training: Accessibility Management for Parks and Recreation, Indiana University, Bloomington, IN, May 14-17, 2007**

This National Center on Accessibility (NCA) training course is designed to give Accessibility Coordinators in parks and recreation the foundation for implementing an accessibility management program. Sessions will include discussions of the characteristics and needs of people with disabilities, legislative mandates and litigation, accessibility standards and common errors, the application of universal design to park and recreation environments, program access, considerations for conducting accessibility assessments, visitor use and marketing, and comprehensive planning.

For more information and to register for the course, visit the NCA website at [www.ncaonline.org](http://www.ncaonline.org).

**International Conference on Physical Activity and Obesity in Children, Toronto, Canada, June 24-27, 2007**

The long-term aim of this symposium is to inform the development of a scientifically-based community strategy to reduce the incidence of childhood and youth obesity through increased sport and physical activity participation. The short-term goal is to assimilate, interpret and share the evidence with key stakeholders to develop recommendations concerning effective physical activity policies and programs at the community level to address obesity in children and youth.

For more information go to: [http://www.phe.queensu.ca/epi/obesity/](http://www.phe.queensu.ca/epi/obesity/).

Employment

**Assistant Professor, Physical Education and Recreation, University of Alberta, Canada**

The Faculty of Physical Education and Recreation at the University of Alberta, Edmonton, Alberta, Canada, invites applications for a tenure-track position in the area of Disability Sport and Physical Activity at the rank of Assistant Professor. The suggested start date is July 1, 2007. Further information about the position may be obtained from [http://www.careers.ualberta.ca/Opportunities/index.aspx?Page=47&CompNo=1237](http://www.careers.ualberta.ca/Opportunities/index.aspx?Page=47&CompNo=1237).

Please direct correspondence to: Dr. Mike Mahon, Dean - Faculty of Physical Education and Recreation Room W1-34, Van Vliet Centre University of Alberta Edmonton, AB T6G 2H9 Canada; e-mail: mike.mahon@ualberta.ca; Telephone: 780-492-6336; Fax: 780-492-1008.

**Assistant/Associate Professor of Human Movement Sciences, University of Wisconsin-Milwaukee, College of Health Sciences, Milwaukee, WI**

The University of Wisconsin-Milwaukee seeks an individual interested in serving in a research and teaching role within the Department of Human Movement Sciences including undergraduate and graduate education, and teaching in the entry-level and post-professional Doctor of Physical Therapy Program. Review of applications to begin March 15th, 2006.
Assistant/Associate Professor of Physical Education, South Carolina State University, Orangeburg, SC

Major responsibilities will be to teach Adapted Physical Education, Aquatics, and/or Dance, as well as other professional preparation courses in Physical Education. Qualifications include an earned doctorate in Physical Education, Kinesiology, Exercise Science or related field from an accredited university, with a minimum of 3 years satisfactory experience in secondary or post-secondary teaching preferred.

To apply, complete a State of South Carolina Employment Application, official transcripts, three letters of recommendation, professional vita, letter of application and send to: Office of Human Resource Management, South Carolina State University, P.O. Box 7597, 2153 Russel Street, Orangeburg, SC 29117.

For complete position information, go to http://www.scsu.edu/HRM/description.cfm?ID=330.

Executive Director for the Adaptive Ski Program of New Mexico Board of Directors

A 21 year old not-for-profit organization, offering skiing and snowboarding lessons for people with disabilities in Northern New Mexico, is seeking an Executive Director. This leadership position includes oversight of the program, leadership and development of the organization, staff management and board and donor relations. The successful candidate will manage all aspects of operations and oversee volunteer and board committees responsible for donor development, training, events planning and communications and outreach. Respond via email to: AdaptiveSkiSearch@comcast.net no later than April 30, 2007.

For more information, please contact Joe Sorroche, ASRCC/DMOC, 705th CTS, 4500 Aberdeen Drive NE, Bldg 942, Kirtland AFB, NM 87117-05748; Telephone: (505)853-0372; Email: joe.sorroche@kirtland.af.mil or joe.sorroche@kirtland.af.smil.mil.

Grant and Research Opportunities

Chicago Midwest Roybal Grant Competition, April 23, 2007

The University of Illinois at Chicago Midwest Roybal Grant Competition Applications are open to researchers and doctoral candidates studying health promotion and maintenance of health and functional abilities in older adults. Please note that the new due date is April 23, 2007. More information can be found at http://www.uic.edu/depts/ovcr/hrpc/centers/roybal_grant/index.html.

Department of Health and Human Services - Diet Composition and Energy Balance (R01)

The goal of this funding opportunity announcement (FOA) is to invite Research Project Grant (R01) applications investigating the role of diet composition in energy balance, including short and long-term studies in both animals and humans. Opportunities exist in Research and Training in Complementary and
Alternative Medicine, Alcohol, Cancer Cause and Prevention, Heart and Vascular Diseases, Digestive Diseases and Nutrition, Extramural Research Programs in the Neurosciences and Neurological Disorders, Child Health and Human Development Extramural Research, and Aging.

For the full announcement, please go to http://grants.nih.gov/grants/guide/pa-files/PA-07-218.html


The purpose of the DRRP program is to plan and conduct research, demonstration projects, training, and related activities to develop methods, procedures, and rehabilitation technology that maximize the full inclusion and integration into society, employment, independent living, family support, and economic and social self-sufficiency of individuals with disabilities, especially individuals with the most severe disabilities, and to improve the effectiveness of services authorized under the Rehabilitation Act of 1973, as amended.

For more information, please go to http://www.grants.gov/search/search.do?mode=VIEW&oppId=12599 or contact Donna Nangle at (202) 245–7462 or donna.nangle@ed.gov.

Recruiting Participants: Project ACT NOW (Adults with Cerebral Palsy Training to INcrease Overall Wellness)

Project ACT NOW is a new study being conducted at the University of North Carolina at Chapel Hill (UNC-CH) through the Division of Physical Therapy, Center for Human Movement Science. The purposes are to obtain a better understanding of the effects of aging on the development of secondary impairments experienced by adults with cerebral palsy (CP) and to determine the effects of an aquatic exercise intervention on improving the quality of life and overall function in adults with CP.

Adults that are 21 years and older and have CP are now being recruited. For more information, please go to http://www.med.unc.edu/ahs/physical/actnow or contact Debbie Thorpe PT, PhD, PCS at (919)843-8679 or dthorpe@med.unc.edu.

NCPAD Contact and Partner Information

NCPAD is funded by the National Center on Birth Defects and Developmental Disabilities at the Centers for Disease Control and Prevention (CDC) and is located at the University of Illinois at Chicago in the Department of Disability and Human Development. All materials listed below - and more - are available on the NCPAD website at http://www.ncpad.org or by calling our toll-free number: 1-800-900-8086. Alternative formats are available.

NCPAD's partner affiliates include the Rehabilitation Institute of Chicago (RIC), the National Center on Accessibility (NCA), The Arc of the U.S., the National Council on Independent Living (NCIL), and UCP National. Friendly, highly trained Information Specialists are available through a toll-free hotline and TTY at 1-800-900-8086, e-mail ncpad@uic.edu, or fax 1-312-355-4058 to provide personalized responses to your questions.

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