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## Volume 7, Issue 11

A monthly publication of NCPAD - the NATIONAL CENTER on PHYSICAL ACTIVITY and DISABILITY [www.ncpad.org](http://www.ncpad.org).

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## From the Editor's Desk: Making History

Regardless of who your choice was for President of the United States, one has to recognize the importance of what we have all been a part of for the past several months. Some things in life are just BIG. The American Society for Testing Materials (ASTM) has the opportunity to make a BIG impact on the health and lives of people with disabilities with a new initiative called "*Inclusive Fitness Equipment Standards*." This major step toward equal access and opportunity to use fitness equipment for people with disabilities should help move an important issue forward in allowing people with disabilities to be as healthy and fit as they want. Read this month's FITT column at [http://www.ncpad.org/fitt/fact\\_sheet.php?sheet=658](http://www.ncpad.org/fitt/fact_sheet.php?sheet=658) for more

on the ASTM initiative.

Send your questions and comments to Blythe Hiss, NCPAD News Editor, at [sbonne2@uic.edu](mailto:sbonne2@uic.edu).

## **Director's Column: A Mother's Untold Story: Need for Better Physical Education for Children with Disabilities**

Many of us work tirelessly to make a small difference in an ocean full of pressing needs. Much of the time we go about our business without drawing much attention or recognition from our peers or supervisors. While we know that our efforts to improve the health and quality of life of people with disabilities through the promotion of physical activity and other health promotion initiatives is an important and meaningful goal, at times we don't quite know who is listening and on what scale our message is being heard. But once in a while, we get a note in our in box that reinforces why we do what we do. I received one of these the other day that I would like to share with you. The mother of this young boy gave me permission to reprint her email.

Read the entire column at [http://www.ncpad.org/director/fact\\_sheet.php?sheet=656](http://www.ncpad.org/director/fact_sheet.php?sheet=656).

## **From the Information Specialist's Desk: Save Me from Daylight Savings!**

We did it. We turned our clocks back. With the daily darkness setting in earlier and earlier, it's hard to get in an evening walk or wheel or even find the gusto to head back out into the dark, cool night for a trip to the gym. Check out the NCPAD webshop at <http://www.ncpad.org/shop/> for an exercise video to do in the comfort of your own home, then search the programs database at <http://www.ncpad.org/programs/> to find a local program that will help you stay active on the weekends. Start your research now (ask to sample a class or for a one-day free pass), so by the time the weather turns from cool to cold, you've got a routine you enjoy!

Other NCPAD publications that may be useful in staying motivated with the weather change as well as in managing your overall health include:

- A Primer on Stress Management
  - [http://www.ncpad.org/wellness/fact\\_sheet.php?sheet=414](http://www.ncpad.org/wellness/fact_sheet.php?sheet=414)
- Inspiration and Wellness: Completing the Mosaics
  - [http://www.ncpad.org/wellness/fact\\_sheet.php?sheet=309](http://www.ncpad.org/wellness/fact_sheet.php?sheet=309)
- Motivation Through Goal Setting
  - [http://www.ncpad.org/exercise/fact\\_sheet.php?sheet=80](http://www.ncpad.org/exercise/fact_sheet.php?sheet=80)

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### **Monthly Observances:**

#### **American Diabetes Month**

American Diabetes Association

800-DIABETES (342-2383)

703-549-1500

[askada@diabetes.org](mailto:askada@diabetes.org)

<http://www.diabetes.org>

Related NCPAD publications:

- Diabetes

- [http://www.ncpad.org/disability/fact\\_sheet.php?sheet=100](http://www.ncpad.org/disability/fact_sheet.php?sheet=100)
- Eating Well with Diabetes
  - [http://www.ncpad.org/nutrition/fact\\_sheet.php?sheet=333](http://www.ncpad.org/nutrition/fact_sheet.php?sheet=333)

### **National Alzheimer's Disease Awareness Month**

Alzheimer's Association

800-272-3900

866-699-1246

[info@alz.org](mailto:info@alz.org)

<http://www.alz.org>

Related NCPAD publications:

- Alzheimer's Disease and Exercise
  - [http://www.ncpad.org/disability/fact\\_sheet.php?sheet=138](http://www.ncpad.org/disability/fact_sheet.php?sheet=138)
- Alzheimer's Disease and Nutrition
  - [http://www.ncpad.org/nutrition/fact\\_sheet.php?sheet=522](http://www.ncpad.org/nutrition/fact_sheet.php?sheet=522)
  - [http://www.ncpad.org/nutrition/fact\\_sheet.php?sheet=7](http://www.ncpad.org/nutrition/fact_sheet.php?sheet=7)

### **Bladder Health Week, November 16-22, 2008**

NCPAD resources containing information on bladder care during exercise:

- Spina Bifida
  - [http://www.ncpad.org/disability/fact\\_sheet.php?sheet=256&view=all](http://www.ncpad.org/disability/fact_sheet.php?sheet=256&view=all)
- Spinal Cord Injury
  - [http://www.ncpad.org/disability/fact\\_sheet.php?sheet=62&view=all](http://www.ncpad.org/disability/fact_sheet.php?sheet=62&view=all)
- Multiple Sclerosis
  - [http://www.ncpad.org/disability/fact\\_sheet.php?sheet=186&ion=1363](http://www.ncpad.org/disability/fact_sheet.php?sheet=186&ion=1363)
  - [http://www.ncpad.org/disability/fact\\_sheet.php?sheet=187&ion=1382](http://www.ncpad.org/disability/fact_sheet.php?sheet=187&ion=1382)
- Resistance Training for Persons with Physical Disabilities
  - [http://www.ncpad.org/exercise/fact\\_sheet.php?sheet=107&ion=806](http://www.ncpad.org/exercise/fact_sheet.php?sheet=107&ion=806)

### **Family Week, November 23-29, 2008**

<http://www.nationalfamilyweek.org>

Related NCPAD resources:

- Family-Oriented Sports and Home Activities
  - [http://www.ncpad.org/videos/fact\\_sheet.php?sheet=482&view=all](http://www.ncpad.org/videos/fact_sheet.php?sheet=482&view=all)
- Fighting Obesity Through Family Fitness
  - [http://www.ncpad.org/fitt/fact\\_sheet.php?sheet=370](http://www.ncpad.org/fitt/fact_sheet.php?sheet=370)
- Active and Inclusive Family Vacations
  - [http://www.ncpad.org/fitt/fact\\_sheet.php?sheet=448](http://www.ncpad.org/fitt/fact_sheet.php?sheet=448)

### **F.I.T.T.: New ASTM initiative: "*Inclusive Fitness Equipment Standards*"**

Many people with disabilities can get into a fitness facility, only to find that there is no equipment that is accessible. The American Society for Testing Materials (ASTM) has launched an initiative to create inclusive fitness equipment standards.

To learn more about this task group, read this month's FITT column at:  
[http://www.ncpad.org/fitt/fact\\_sheet.php?sheet=658](http://www.ncpad.org/fitt/fact_sheet.php?sheet=658).

## **Nutrition Spotlight: Type 2 Diabetes: How to Lower Your Risk**

Type 2 diabetes has become a national epidemic. According to 2007 statistics from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), approximately 23.6 million people (or 7.8% of the U.S. population) have diabetes. November is National Diabetes Month, a time to make people more aware of the seriousness of diabetes and what they can do to both prevent and control it.

For the full column, go to [http://www.ncpad.org/nutrition/fact\\_sheet.php?sheet=657](http://www.ncpad.org/nutrition/fact_sheet.php?sheet=657)

## **Community Voice: Riding the Wave: Dot Nary Doesn't Let Life, College or Kayaking Pass Her By**

*This article was originally written by Eileen Roddy and was published in the Lawrence Journal-World on November 3, 2008. To access the original article, go to*  
[http://www2.ljworld.com/news/2008/nov/03/riding\\_wave\\_dot\\_nary\\_doesnt\\_let\\_life\\_college\\_or\\_kal](http://www2.ljworld.com/news/2008/nov/03/riding_wave_dot_nary_doesnt_let_life_college_or_kal)

Dot Nary and her husband, Norm White, paddle the silent waters of Lone Star Lake. Nary is a Kansas University researcher and advocate on disability issues. Dot Nary, 52, loves whizzing around Lone Star Lake in her kayak. "It allows me to move fast under my own power," she says. Using personal power is important to Nary, and she's passionate about empowering others.

For the full column, go to [http://www.ncpad.org/yourwrites/fact\\_sheet.php?sheet=659](http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=659).

## **Video Corner: International Walk to School Day 2008**

Walking and bicycling to school among school-aged children has decreased from approximately fifty percent to less than fifteen percent over the past forty years. Active travel is crucial for improving community and personal health, benefiting the environment, increasing safety and helping to decrease traffic and congestion around schools.

Safe Routes to School (SRTS) is an international initiative to make active travel to school safe, convenient and fun for children to walk and bike to school everyday. Nationally, SRTS is a program of the U.S. Department of Transportation's Federal Highway Administration. The program is designed to help communities develop and implement projects and programs that encourage walking and biking to promote healthier, more active lifestyles for elementary school-age children, lifestyles that will hopefully remain with them throughout their entire life.

To view this factsheet, go to [http://www.ncpad.org/videos/fact\\_sheet.php?sheet=660](http://www.ncpad.org/videos/fact_sheet.php?sheet=660)

## **Book Review: Teaching Orienteering**

### **Teaching Orienteering, 2nd Edition (1998)**

McNeill, Carol, Cory-Wright, Jean, and Renfrew, Tom  
Britain: Human Kinetics Publishers, Inc.

This book, written by three experts, provides schemes, lessons, and aids for teachers; games and training activities for students; as well as numerous color illustrations. In addition to a chapter on "Orienteering for People with Disabilities" which discusses both learning and physical disabilities, there are also chapters on

Teaching Orienteering; Introducing Orienteering in the Classroom; School or Centre Grounds; Parks & Woodlands; Technique Training; Compass; Theory Sessions; Indoor Games and Exercises; Outdoor Alternatives; Physical and Mental Fitness; Orienteering Programs in Education; Planning, Organization & Rules; and Mapmaking.

For more information or to order a copy of this book, go to <http://www.humankinetics.com/products/showproduct.cfm?isbn=9780880118040> or call Human Kinetics at 800-747-4457.

## **NUDGE: VLT Rope Climber**

The VLT Rope Climber by Marpo Kinetics simulates rope-climbing exercise and provides a fast and effective upper-body strength or cardio workout. The rope can be pulled down or pulled up, offering a variety of unique exercises that provide total upper-body fitness in one exercise or enable individual muscle group isolations. The pace and the difficulty of the exercise are controlled through a seven-setting rope resistance mechanism. VLT can be used for challenging upper-body routines, fast-paced upper-body cardio workouts or for rehabilitation and stretching exercises. The easy-to-remove seat enables wheelchair access and all the controls are positioned in such a way as to be easily accessible. A floor platform holds the machine firmly in place during workouts, eliminating the need for bolting the unit down to the floor. VLT features a soft rope for comfortable workouts of any duration. The electronic display keeps track of time, distance, speed, and calorie burn. This compact unit maximizes floor space and is easy to move around.

For more information, please contact Marpo Kinetics, Inc. at 925-337-4205 or go to [www.marpokinetics.com](http://www.marpokinetics.com).

## **Emerging Evidence in Health and Disability: Fitness Intervention on People with Psychiatric Disabilities.**

Skrinar, G. S., Huxley, N. A., Hutchinson, D. S., Menninger, E., & Glew, P. (2005). The role of a fitness intervention on people with serious psychiatric disabilities. *Psychiatric Rehabilitation Journal*, 29(2), 122-127.

The purpose of this study was to determine if a cardiovascular and resistance training program would improve body composition and fitness, as well as emotional well-being and general feelings of wellness in people with mood or psychotic disorders. Thirty adults with mood or psychiatric disorders were assigned to a healthy life group or control group and were introduced to a 12-week exercise and health education program. Physiological and psychological components were measured. Although the intervention group reported greater weight loss than the control group, there was no significant difference in weight, BMI, body fat percentage, pulse rate, blood lipid, or any of the other physiological measures. A subjective rating of general health and empowerment was significantly improved in the exercise group. Despite none of the other differences being significant, scores on all of the tests increased in a positive direction following the intervention. This study supports the trend that exercise interventions may encourage weight loss, particularly if barriers to participation can be addressed, and also may contribute to "perceived" well-being.

For the full abstract, go to [http://www.ncpad.org/yourwrites/fact\\_sheet.php?sheet=655](http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=655).

## **In the News ....**

**NBC and Universal Sports Bring Inspiring Athlete Stories to the Screen with Beijing Paralympic Games**

Paralympians will take over TV beginning November 9 with an in-depth NBC Sports special of extraordinary athletes narrated by NBC Sports' Bob Costas. Following the special will be an unprecedented 28 hours of Paralympic event programming on Universal Sports taking place November 10-16, with 4-hour programs each night, including the opening and closing ceremonies. Tune in as Team USA takes the world stage by storm, bringing home a total of 99 medals with epic performances. High interest and viewership are important to ensure that NBC will provide coverage of future Paralympic Games at Games time. Images of athletes with disabilities in mainstream media have the potential to inspire people with disabilities and professionals who work in education, health, fitness, and sport.

Paralympics event competition videos, video highlights, feature articles, photo galleries, and more are all available at [UniversalSports.com](http://UniversalSports.com).

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### **The Rehabilitation Act's Impact on Transition Outcomes for Youth with Disabilities, National Council on Disability (NCD), October 28, 2008**

The NCD has released a report titled *The Rehabilitation Act: Outcomes for Transition-Age Youth*, calling on Congress and the U.S. Department of Education to make changes to current service delivery practices that will improve transition outcomes for youth with disabilities. This report is a comprehensive assessment of the impact of the Rehabilitation Act on the employment and postsecondary education outcomes of eligible transition-age youth.

To download the report, go to <http://www.ncd.gov/newsroom/news/2008/r08-574.htm>.

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### **Association of University Centers on Disability (AUCD) Hosts Electronic Tool Kit of Training Resource for Medical, Dental, and Nursing Students, October 24, 2008**

In response to the Surgeon General's *A Call to Action to Improve the Health and Wellness of Persons with Disabilities*, the U.S. Office on Disability, in collaboration with the Department of Labor Office on Disability Employment Policy (ODEP), asked a National Work Group to identify high-quality training materials that address the needs of patients with disabilities. The Work Group has compiled an *Electronic Tool Kit* of pre-service curricular materials for use by medical, nursing, and dental students. You will find Tool Kit descriptions categorized by discipline, with evidence of effectiveness whenever data are available and with direct links as possible, as well as a link to nominate additional electronic curricular materials for inclusion in the Tool Kit at [http://www.aucd.org/template/news.cfm?news\\_id=3194&id=17](http://www.aucd.org/template/news.cfm?news_id=3194&id=17).

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### **2008 Innovators Awards, International Council on Active Aging (ICAA), October 28, 2008**

The ICAA is pleased to announce the winners of the Sixth Annual ICAA Innovators Awards. These awards honor creativity and excellence in active-aging programs and products and include the following six initiatives:

- Conductorcise, a Sound Workout for Mind, Body and Soul - Conductorcise, LLC, Warwick, New York
- Therapeutic Harp Music Program - Good Samaritan Society, Albert Lea, Minnesota
- The Academy at Shell Point - Shell Point Retirement Community, Fort Myers, Florida
- The 100 Days to Health Challenge - City of Auburn Hills Senior Services, Auburn Hills, Michigan

- The Fitness Walking Trail - Country Meadows Retirement Communities, Hershey, Pennsylvania
- Whole Foods, Whole Life - GenCare, Inc., Seattle, Washington

ICAA has also chosen two Equipment Innovators, an awards category that recognizes North America's most creative equipment for active older adults. Spotlighted this year are:

- The Dashaway - Dashaway Company, Los Angeles, California
- BalanceGym - BalanceGym, LLC, Naples, Florida

## **Events, Conferences and Programs**

*Below is a select listing of upcoming events and conferences. For a complete listing, go to the NCPAD calendar at <http://www.ncpad.org/events/index.php>.*

### **National Leadership Institute on Developmental Disabilities, January 11-16, 2009, Tucson, AZ**

*Application Deadline:* November 12, 2008

This week-long, intensive leadership development program is by the University of Delaware in cooperation with the Sonoran University Center for Excellence in Developmental Disabilities at the University of Arizona. Participants may work in areas of management or program leadership in organizations that provide, advocate for, or fund supports for people with developmental disabilities and their families.

For more information, go to <http://www.nlcdd.org/index.html> or contact 302-831-2940 or [nlcddonline@udel.edu](mailto:nlcddonline@udel.edu).

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### **33rd Annual TASH Conference, December 3-6, Nashville, TN**

TASH is an international membership association leading the way to inclusive communities through research, education, and advocacy. This year's conference theme is Social Justice in the 21st Century: achieving the full and equal participation of every member of society in a way that is shaped to meet each member's unique needs.

For more information, go to <http://www.tash.org/2008tash/> or call 888-221-9425 or email [THC@housingregistration.com](mailto:THC@housingregistration.com).

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### **American College of Sports Medicine's Health and Fitness Summit, March 25-28, 2009, Atlanta, GA**

*Early Registration Deadline:* January 1, 2009

This 13th annual event will offer cutting-edge sessions in nine tracks of fitness, as well as daily keynoters and workouts from activity gurus from around the world.

For more information, go to <http://www.acsm.org/Content/NavigationMenu/Education/Conferences/HealthFitnessSummit/Summit.htm> or call 317-637-9200.

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### **Call for Hosts, Inclusive Playgrounds Awareness Event, Inclusive Fitness Coalition (IFC)**

The IFC is calling for advocates, community groups, families, and other related organizations to host awareness events focusing on inclusion at various playgrounds across the world. Plan an event in your community and help spread the word and educate others who may not be aware of the benefits of inclusive design and play. Inform the IFC of your plans and let it help disseminate this information. Participating playgrounds/groups will be submitted for possible inclusion in a series of articles for national magazines, in addition to the IFC website and newsletter.

If you would like to host an event, please contact Jessica Madrigal at [jmadri1@uic.edu](mailto:jmadri1@uic.edu). To find out more about IFC's Inclusive Play Workgroup, go to <http://incfit.org/node/154>.

## **Employment**

*Please see the online links listed for each position and/or go to NCPAD "Jobs" at <http://www.ncpad.org/employment/> for further descriptions of these job listings and others.*

### **Fitness Assistant, Lakeshore Foundation, Birmingham, AL**

Seeking part-time Fitness Assistants to work in the evenings. Incumbents will be responsible for assisting with fitness programs for members and monitoring safety protocols. CPR and Emergency First Aid training required. Prior experience a plus.

Website: <http://www.lakeshore.org/index.php>

Applications/Inquiries: Debbie Smith, 4000 Ridgeway Dr., Birmingham, AL 35209; Fax: 205-313-7475; [debbies@lakeshore.org](mailto:debbies@lakeshore.org)

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### **Tenure-track Assistant or Associate Professor, Department of Therapeutic Recreation, College of Health Professions, Temple University, Philadelphia, PA**

*Application Review:* November 15, 2008

Website: <http://psyaging-1.blogspot.com/2007/09/jobs-temple-university-therapeutic.html>

Applications/Inquiries: Dr. Yoshi Iwasaki, Search Committee Chair, 1700 N. Broad St., Suite 313, Temple University, Philadelphia, PA 19121; [yiwasaki@temple.edu](mailto:yiwasaki@temple.edu); 215-204-0011.

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### **Employment Opportunities, Association of University Centers on Disabilities (AUCD), Silver Spring, MD**

AUCD has positions available at the central office as well as within the AUCD network.

Website: <http://www.aucd.org/template/page.cfm?id=158>

Inquiries: 301-588-8252

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### **Project Manager, International Development and Disability, Mobility International USA (MIUSA), Eugene, OR**

MIUSA serves as a bridge to promote inclusion and bring together disability and development organizations.

Website: <http://www.miusa.org/newsitems/jobposting>

Inquiries: 541-343-1284

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### **Rehabilitation Engineering Research Center on Recreation Technology (RERC Rectech), Department of Disability and Human Development, University of Illinois at Chicago**

RERC RecTech seeks a qualified candidate in an appropriate engineering, computer science, or rehabilitation field for this full-time position working closely with the Director and staff to achieve the goals and objectives of this Center funded by the National Institute on Disability and Rehabilitation Research (NIDRR).

Website: [www.rectech.org](http://www.rectech.org)

Applications/Inquiries: James H. Rimmer, 1640 W. Roosevelt Road, Suite 716, Chicago, IL 60608-6904; [jrimmer@uic.edu](mailto:jrimmer@uic.edu)

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### **Four Positions, National Ability Center, Park City, Utah**

- Ski Instructors
- Equestrian Program Instructor

Website: [http://www.discovernac.org/job\\_openings.html](http://www.discovernac.org/job_openings.html)

Applications: [patresume@mrslc.com](mailto:patresume@mrslc.com)

Inquiries: Pete Taylor, 800-622-2085, ext. 327

## **Grants**

### **Community Partners Program, MENTOR Network Charitable Foundation**

This national network of local human services providers is committed to transforming the delivery of human services through the generation of new ideas and best practices. The focus is on organizations that take a fresh look – through research, innovative thinking, direct care and programming – at how people with disabilities, adults and children with acquired brain injuries, and youth and families facing emotional, behavioral, and other challenges are cared for in society. In addition to providing significant support for research that will impact the communities it serves, grants are provided to the following types of organizations and individuals:

- 501(c)(3) tax-exempt organizations that offer community-based services and programs to individuals with similar abilities and challenges as those served by The Network;
  - Individual young people who are served by The Network's programs and are on the path to self-sufficiency; and
  - Charities that benefit from the community service of The Network's employees.
- For more information, go to [www.thementornetwork.com/foundation](http://www.thementornetwork.com/foundation) or contact Sarah E. Magazine at 617-790-4801 or [sarah.magazine@thementornetwork.com](mailto:sarah.magazine@thementornetwork.com).
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### **I Can Do It, You Can Do It! Request for Proposals**

*Deadline for Applications:* November 19, 2008

This mentoring program for children and young adults with disabilities encourages regular physical activity and good nutrition during and/or after school. The program utilizes the President's Challenge Program as an incentive for participating in at least 30 minutes of physical activity for 5 days a week for 8 weeks. Eight contracts will be awarded to organizations that agree to implement local I Can Do It, You Can Do It! programs.

Requests should be addressed to Dr. Robert Arnhold, Director, Adapted Physical Activity Program, Room 15 Stoner Instructional Complex, Slippery Rock University, Slippery Rock, PA 16057; 724-738-2847; [robert.arnhold@sru.edu](mailto:robert.arnhold@sru.edu).

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**Universal Design Leadership Project, FY2009 Cooperative Agreement, National Endowment for the Arts (NEA)**

*Closing Date:* February 19, 2009

The NEA seeks an organization that will carry out a project to increase understanding, acceptance, and practice of universal design within the design profession, by design educators, and by the American public. Proposed projects should focus on extending the appeal of universal design from the disability community into the mainstream of American design and American society. The project should educate designers and others including developers, city planners, and consumers.

For more information, go to <http://www.nea.gov/grants/apply/RFP/UnivDesign.html> or contact 202-682-5400 (phone), 202-682-5496 (voice/TTY), or [webmgr@arts.endow.gov](mailto:webmgr@arts.endow.gov).

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**2009 Directors New Innovator Award Program (DP2) Grant, National Institutes of Health (NIH)**

*Closing Date:* May 27, 2009

This program was created in 2007 to support a small number of new investigators of exceptional creativity who propose bold and highly innovative new research approaches that have the potential to produce a major impact on broad, important problems in biomedical and behavioral research. The Awards complement ongoing efforts by NIH and its Institutes and Centers to fund new investigators through R01 grants, which continue to be the major sources of NIH support for new investigators.

For more information, go to <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=43216>.

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**2009 Directors Pioneer Award Program (DP1) Grant, National Institutes of Health (NIH)**

*Closing Date:* May 15, 2009

This program complements NIH's traditional, investigator-initiated grant programs by supporting individual scientists of exceptional creativity who propose pioneering and possibly transformative approaches to addressing major biomedical or behavioral challenges. To be considered pioneering, the proposed research must reflect ideas substantially different from those already being pursued in the investigator's laboratory or elsewhere. The NIH Directors Pioneer Award Program is a High-Risk Research initiative of the NIH Roadmap for Medical Research.

For more information, go to <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=43217>.

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## **Inclusion Champion Award, Mitsubishi Electric America Foundation (MEAF)**

*Deadline:* December 1, 2008

The MEAF, which works to help young people with disabilities to lead full and productive lives, is accepting nominations for its Inclusion Champion Award. The award honors individuals who have made significant efforts to promote the full inclusion of youth with disabilities in society. The Award will be presented during the Kids Included Together annual conference in March 2009. The award consists of a trophy and \$1,000 donated to the charity of the champion's choice.

For more information, go to <http://www.meaf.org/grants-inclusion.php#incchamp> or contact 703-276-8240 or [info@kitonline.org](mailto:info@kitonline.org).

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## **Bikes Belong Facility and Advocacy Grants**

*Deadline for Applications:* November 24, 2008

The Bikes Belong Coalition welcomes grant applications from organizations and agencies within the United States that are committed to putting more people on bicycles more often. The Bikes Belong Grants Program funds projects in two categories: Facilities and Advocacy. All proposals must encourage ridership growth, support bicycle advocacy, promote bicycling, build political support, leverage funding, and serve diverse regions/populations.

For more information, go to <http://www.bikesbelong.org/node/42> or call 303-449-4893.

## **Participation in Research**

### **Request for Research Participants, Department of Disability and Human Development, University of Illinois at Chicago**

The University of Illinois at Chicago is looking for children with disabilities aged 12-18 and their parents/caregivers to complete an Internet-based survey on the lifestyle and environment of adolescents with disabilities. This survey can be found by visiting the following link: <http://www.healthforyouth.org> and entering the access code: NCPAD.

For more information, or if you have difficulty accessing the survey, please contact Brienne Davis in the Department of Disability and Human Development at [bdavis7@uic.edu](mailto:bdavis7@uic.edu) or 312-355-4054.

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### **Research Participants Needed to Help Develop Universally Accessible Exercise Equipment, University of Illinois at Chicago (UIC)**

If you are between the ages of 18 and 50, live in the Chicago area, are healthy, and use a manual (non-electric) wheelchair, you can be a research subject to test and evaluate new accessible exercise equipment. The total time commitment is about one hour and compensation will be provided.

This research is directed by Karen L. Troy, PhD, in the Musculoskeletal Biomechanics Laboratories at UIC. For more information, please call 312-413-9432 or email [klreed@uic.edu](mailto:klreed@uic.edu).

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## Rehabilitation Research and Training Center (RRTC) Survey on Health and Wellness, Oregon Health & Science University

This study is looking for adults ages 18 and older who have a spinal cord injury to help pilot-test a health-related Quality of Life survey. If interested, please call 503-494-3534. Compensation is offered once the survey is completed and returned.

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### Supported Speed Treadmill Training Exercise Program (SSTTEP) for Marginally Ambulatory Children with Cerebral Palsy

We are studying the effects of a 12-week exercise program, consisting of either: 1) Walking on a treadmill with a portion of body weight supported by an overhead harness, or 2) A functional exercise program. We would like to know the effects that these two exercise programs have on the quality of life, muscle strength and control, coordination, walking, and functional movement of children with cerebral palsy.

For more information, go to <http://www.clinicaltrials.gov/ct2/show/NCT00467415> or call Kyle Watson at 215-430-4120 or Therese Johnston at 215-430-4089.

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