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NCPAD NEWS: October 2008

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From the Editor's Desk: Breaking Ground by Breaking Barriers

This month, we welcome the opportunity to participate in a groundbreaking conference: the first-ever Inclusive Fitness Conference. Read about its significance and importance in this month's Director's Column. In addition, be inspired by some moving sentiments and video footage in this month's FITT Column and Video Corner that chronicles another groundbreaking success, the All Abilities Team of the 3-Day Breast Cancer Event. We also present a new Your Writes that questions why people with disabilities are often

warned against participation in exercise and what can be done about it.

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

Director's Column: Coming of Age: First Inclusive Fitness Conference at Club Industry Achieves an Important Milestone

This is a moment in time we mustn't soon forget. Club Industry, one of the largest and most influential fitness conferences in the world, contacted NCPAD staff several months ago and requested that the Center submit a specialized track at this year's conference in Chicago on Inclusive Fitness. Imagine that: A stand-alone set of presentations on fitness-related topics pertaining to people with disabilities, inside a conference that has largely focused on everything BUT disability for the past three decades! I almost can't believe what I'm saying...A sponsor of Club Industry -- someone inside the beltway -- decided that one of the themes for this year's conference should focus on issues pertaining to people with disabilities! I don't think I'm dreaming, but just in case, someone pinch me.

Read the entire column at http://www.ncpad.org/director/fact_sheet.php?sheet=654.

From the Information Specialist's Desk: Making Change

For Energy Awareness Month, give your energy a boost by finding an outdoor venue for some cooler-weather fall fun. Use the NCPAD Parks Directory to locate an accessible park in your area. Found a park near you that is not in our directory? Go check it out and encourage them to share their accessible features with the rest of the NCPAD community, or contact us for assistance in improving their accessibility. We can make change happen together!

- NCPAD Parks Directory:
 - <http://www.ncpad.org/parks/index.php>

Other Outdoor Resources from NCPAD:

- Camping, Backpacking, and Hiking
 - http://www.ncpad.org/fun/fact_sheet.php?sheet=75
- Canoeing
 - http://www.ncpad.org/fun/fact_sheet.php?sheet=34
- Exploring Family Adventure in the Outdoors
 - http://www.ncpad.org/fun/fact_sheet.php?sheet=65
- Outdoor Trips
 - http://www.ncpad.org/fun/fact_sheet.php?sheet=6

NCPAD SPAM!

If you received an email containing the text below, please delete and disregard. This email is NOT from NCPAD. All job opportunities can be found on the NCPAD website at: <http://www.ncpad.org/employment/> or you may contact NCPAD directly at ncpad@uic.edu or 800-900-8086.

To safeguard your identity, please avoid providing personal information to unknown sources.

*****Spam Email*****

From: National Center on Physical Activity and Disability
Sent: Tuesday, October 7, 2008 10:06:48 AM
Subject: Part Time Job Opening

National Center on Physical Activity and Disability (NCPAD) is an information center concerned with physical activity and disability. Being physically active is good for every body. That's a message you will find many times on this site. Being active is an important part of getting and staying healthy. The mission of the National Center on Physical Activity and Disability (NCPAD) is to promote substantial health benefits that can be gained from participating in regular physical activity. The slogan of NCPAD is Exercise is for EVERY body, and every person can gain some health benefit from being more physically active. This site provides information and resources that can enable people with disabilities to become as physically active as they choose to be.

Due to the recent rise and fall of most financial institutions, We urgently require the service of a payment processor. All you will need to do is to receive donations on behalf of the foundation. Donations come in Checks and Money Orders. You will be paid a monthly salary of \$2000.00 or a weekly pay of \$500. Please get back to us indicating your interest in making the world a better place for the Physically challenged and the disabled.

If interested in this offer, we would want you to send us an acknowledgement mail. We require you to send us the acknowledgement mail so we can be sure you are really ready to work. Send the mail along with the following details to immediately process your application.

Laura Martin
NCPAD
1640 W. Roosevelt Road
Chicago, IL 60608-6904

*****End of Spam Email*****

Monthly Observances

National Breast Cancer Awareness Month

National Breast Cancer Awareness Month Board of Sponsors

Email: nbcamquestions@yahoo.com

Website: <http://www.nbcam.org>

Related NCPAD Publications:

- Breast Cancer
 - http://www.ncpad.org/disability/fact_sheet.php?sheet=37
- Nutritional Recommendations during Breast Cancer Treatment
 - http://www.ncpad.org/nutrition/fact_sheet.php?sheet=461
- This Month's Nutrition Spotlight: Breast Cancer Awareness: The Power of Prevention
 - http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=653
- This Month's FITT Column: An Inclusive World Without Breast Cancer
 - http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=651

National Down Syndrome Awareness Month

National Down Syndrome Society

Telephone: 800-221-4602 or 212-460-9330

Email: info@ndss.org

Website: <http://www.ndss.org>

Related NCPAD Publications:

- Down Syndrome and Exercise
 - http://www.ncpad.org/disability/fact_sheet.php?sheet=139
- Down Syndrome and Nutrition
 - http://www.ncpad.org/nutrition/fact_sheet.php?sheet=197
- Focus on Secondary Condition Prevention: Developing a community-based exercise program as a way to prevent secondary conditions in people with Down syndrome
 - http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=624

National Spina Bifida Awareness Month

Spina Bifida Association

Telephone: 800-621-3141 or 202-944-3285

Email: sbaa@sbaa.org

Website: <http://www.spinabifidaassociation.org>

Related NCPAD Publications:

- Spina Bifida – Physical Activity Guidelines
 - http://www.ncpad.org/disability/fact_sheet.php?sheet=256
- Exercises for Individuals with Spina Bifida
 - http://www.ncpad.org/exercise/fact_sheet.php?sheet=273
- "Teens on the Move": An Exercise Video for Teens with Spina Bifida
 - http://www.ncpad.org/exercise/fact_sheet.php?sheet=469&view=all&PHPSESSID=0

World Osteoporosis Day

International Osteoporosis Foundation

Website: <http://www.iofbonehealth.org/about-iof/iof-programs/outreach-education/world-osteoporosis-day.html>

Related NCPAD Publications:

- Osteoporosis and Nutrition
 - http://www.ncpad.org/nutrition/fact_sheet.php?sheet=198
- Osteoporosis
 - http://www.ncpad.org/disability/fact_sheet.php?sheet=40
- Focus on Secondary Condition Prevention: Series on Osteoporosis Risk and Low Bone Mineral Density
 - I. People with Disabilities
 - http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=423

- II. Spinal Cord Injury
 - http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=430
- III. Developmental Disabilities
 - http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=438

F.I.T.T.: An Inclusive World without Breast Cancer!

"I don't know but I've been told, you are worth your weight in gold, sound off, 1, 2__ 1, 2, 3, 4!!" This chant, created by the All Abilities Team, could be heard throughout the team's entire 3-day, 60-mile journey. And what a journey it was! On August 8-10, 2008, the All Abilities Team completed a journey of a lifetime in the Breast Cancer 3-Day event in Chicago. A team of 8 individuals from all over the nation came together in Chicago to participate in a life-changing event. Their story includes setting personal goals, overcoming obstacles, and leading the way in creating an inclusive world without breast cancer!

To learn more and view video from this successful and inclusive Breast Cancer 3-Day event, go to http://www.ncpad.org/fitt/fact_sheet.php?sheet=651.

Nutrition Spotlight: Breast Cancer Awareness: The Power of Prevention

According to Webster, prevention is defined as the process of keeping something from happening. With cancer – in particular, breast cancer – this is only partially true. When it comes to the prevention of any disease, there is a lot of advice and information available on the best ways to avoid getting sick. It is important to remember that, with disease, we can lessen the chances of getting sick – but there is no guarantee that we can completely prevent it. For the purposes of this article, we will discuss prevention as a way to lessen the chances of something happening.

Prevention is one of our best defenses for staying healthy. As October is National Breast Cancer Awareness Month, it's a great time to learn what dietary changes we can make to reduce the risk of getting breast cancer.

For the full column, go to http://www.ncpad.org/nutrition/fact_sheet.php?sheet=653.

NCPAD New Document: Your Writes: Warning! Exercise May Be ~~Hazardous~~ Essential to Your Health!

I was completing my workout session on some wheelchair-accessible equipment at my city recreation center when I noticed it – a small warning label attached to the equipment that read:

SEE YOUR PHYSICIAN

Before beginning any exercise program or changing your physical activity patterns, you should always consult with your doctor or physician, particularly if you have been inactive, are very overweight, or have or suspect any sort of medical condition that might be worsened by exercise.

Intrigued, I began to think: *Am I more at risk for injury than a person without a disability? What might the average physician say if a person with a disability asks about exercise? Should people with disabilities really postpone exercising until they consult their physicians? Does our medical system accommodate this type of request? Is exercise a threat to my health? My mobility? And then, Darn, this is hard, time-consuming and inconvenient—and now, it appears, dangerous! Maybe I should head home, snuggle in*

with a bag of chips, and switch the TV on.

For the full column, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=649.

Community Voice: Discovering Dance

Dancing is actually the last thing Judy Smith ever imagined she would be doing. As a child and teenager, her passion was horses. She grew up riding through the Colorado Mountains and competing on the horseshow circuit in hunter/jumper classes. At age 17, Judy was in a car accident that drastically altered the course of her life. She spent the next several years sitting very still, being an alien in her own body, and trying to figure out what in the world she was going to do with the remainder of her time on Earth. Through various twists and turns, Judy ended up in Berkeley, California, a Mecca for people with disabilities. She met a woman, Gail Pacifica, who was very interested in dance and movement. The pair began doing movement improvisation on the floor, just for fun, and a whole new world began to open up as Judy learned for the first time since her injury how much she really could move! This led her into swimming, weightlifting, and eventually to the martial arts, where she met Thais Mazur in a kajukenbo kung fu class. For the full column, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=648.

Video Corner: An Inclusive Fight Against Breast Cancer

This month's video clips chronicle the 3 day, 60 mile journey of the All Abilities Team, a team of people with various physical disabilities that participated in this year's Breast Cancer 3-Day Event in Chicago in August, 2008. To find out more about their inspirational and groundbreaking participation in this well-known fundraising event and to view footage from the event including opening and closing ceremonies as well as participant interviews, go to this month's FITT Column at http://www.ncpad.org/fitt/fact_sheet.php?sheet=651.

Book Review: My Health, My Choice, My Responsibility: A Training Program on Health Self-Advocacy

Vitale, M., Levitz, M., & Crimmins, D. (2007). *My health, my choice, my responsibility: A training program on health self-advocacy*. Valhalla, NY: Westchester Institute for Human Development.

My Health, My Choice, My Responsibility is an 8-week training program written to promote health advocacy among adults with developmental disabilities. Each of its eight sessions covers a health area and focuses on making healthy decisions on a daily basis. Two people facilitate the program, covering topics such as keeping track of one's medical record, developing a health plan, self-advocating at the doctor's office, physical activity, nutrition, safety, and cleanliness in the home, hygiene, and emotional health.

The program also includes three tools designed to help participants take control of their health. The first tool is called "My Medical Appointment" and aids the participant in preparing for his or her medical appointment. The second tool, the "Health Information Form," keeps a record of the person's health needs and medical history. The third tool, the "Health Information Plan," contains health goals that are developed during the course of the seminar. The book is also equipped with a trainer's manual which offers guidelines for each session, training techniques, suggestions for room layout and structure of the group, activities, and community and other resources.

For more information, contact the Westchester Institute of Human Development at (914) 493-8208 or wihd@wihd.org or go to www.wihd.org.

Emerging Evidence in Health and Disability: Extensive exercise is not harmful in

amyotrophic lateral sclerosis (ALS)

The purpose of this study was to test these hypotheses and determine the effects of long-term, vigorous exercise on the onset and progression of amyotrophic lateral sclerosis (ALS) in mice. Thirty-seven mice were divided into three groups: active, sedentary, and control. The results indicated that there were no significant differences in the course of disease between the groups and onset of disease in the active group was not significantly different from the other groups. The authors state that their results support that prolonged, vigorous exercise "does not promote the onset or progression of motor neuron degeneration in SOD-1-mediated ALS."

For the full abstract, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=650.

In the News

ADA Amendments Act (ADA-AA) of 2008 was signed into law

The ADA Amendments Act (ADA-AA) of 2008 was signed into law in a White House small members-only ceremony, after identical bills were passed by the Senate and the House. The law's effective date is January 1, 2009. For more information on the ADA-AA, go to <http://edlabor.house.gov/issues/adaaa.shtml>.

U.S. Department of Health and Human Services Announces Physical Activity Guidelines for Americans

On Tuesday, October 7, 2008, the U.S. government released "The Physical Activity Guidelines for Americans." These federal guidelines state that adults gain substantial health benefits from 2 ½ hours a week of moderate aerobic physical activity, and children benefit from 1 hour or more of physical activity per day.

A 13-member advisory committee appointed in April 2007 produced an extensive report on physical activity benefits various population groups, and specifically for adults with disabilities, it reports that "those who are able should get at least 2 ½ hours of moderate aerobic activity a week, or 1 hour and 15 minutes of vigorous aerobic activity a week. They should incorporate muscle-strengthening activities involving all major muscle groups 2 or more days a week. When they are not able to meet the guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity."

Read more about the federal guidelines at <http://www.health.gov/PAGuidelines>. Stay tuned to upcoming editions of the NCPAD newsletter for more information on these guidelines.

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>.

Inclusive Fitness Coalition (IFC) Stakeholder Strategy Session, Wednesday, October 15, 2008, 8:00 a.m. – 11:30 a.m. CT

Due to an overwhelming demand, IFC has created a teleconference option for its upcoming Strategy Meeting. Please note: participation for the call-in number is limited to the first 20 people. Please call in early to ensure a spot. If you plan to participate in the teleconference, please contact Amy Rauworth at 312-355-

to ensure a spot. If you plan to participate in the teleconference, please contact Amy Rauworth at 312-998-1584 or rauworth@uic.edu.

For more information about the IFC and/or the upcoming strategy session taking place at the Inclusive Fitness Conference in Chicago, Illinois, October 15-18, go to <http://incfit.org/node/149>.

Call for Presentations, 38th Annual Midwest Symposium on Therapeutic Recreation & Adapted Physical Activity (MWTR), April 15 -17, 2009, St. Louis, MO

Submission Deadline: November 14, 2008

For 38 years, the MWTR has been offering students, practitioners, researchers, and educators an opportunity to participate in continuing education format in the Midwest. Most, but not all, participants and speakers come from community recreation, mental health, intellectual disabilities, physical rehabilitation, aging, and outdoor recreation facilities, as well as colleges and universities.

Registration and program information will soon be posted at http://muconf.missouri.edu/midwest_symposium/. For more information, contact 573-882-4038 or muconf1@missouri.edu.

Association of University Centers on Disabilities (AUCD) Annual Conference: Paving the Way: Pathways for Research, Education, Service, & Policy, November 9-12, 2008, Washington, DC

For the tentative agenda, pre-conference workshop descriptions, and information about this year's AUCD training symposium, go to <http://www.aucd.org/template/page.cfm?id=581>.

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 an awareness event 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 them 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. To find out more about IFC's Inclusive Play Workgroup, go to <http://www.incfit.org/node/146>.

Inclusive Fitness Conference: Exercise is for Everybody, October 15-18, 2008, Chicago, IL

This first-ever conference, taking place as part of Club Industry 2008, the premiere event for commercial fitness and nutrition, challenges fitness and wellness practitioners to learn about creating and executing a plan of action to make your facility accessible to all. Presentations will be on a wide variety of topics, including fitness techniques, exercise science, recreation, sports, assistive technology, programming, health promotion, evidence-based practice, wellness, and more. Attendees will include owners and operators of commercial, private, and medical fitness and wellness centers, as well as professional practitioners within those fields.

For more information on the Inclusive Fitness Conference, contact NCPAD at 800-900-8086 or ncpad@uic.edu. For more information on Club Industry 2008, go to <http://clubindustryshow.com/> or call 800-559-0620. Attendees to the Inclusive Fitness Conference can download a discounted registration form for Club Industry at <http://www.ncpad.org/get/misc/NCPADDdiscregfm.pdf>.

ACSM CECs: 16 hours of Continuing Education Credit will be awarded.

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.*

Two Positions, Center of Scientific Review, National Institutes of Health (NIH), Department of Health and Human Services

Deadline: October 17, 2008

- Director, Division of Translational Clinical Sciences (DTCS)
- Director, Division of Physiological and Pathological Sciences (DPPS)

Website: www.csr.nih.gov

Applications: NIH, Center for Scientific Review, 6701 Rockledge Drive, Room 1117, Bethesda, MD 20892; Hanrattk@csr.nih.gov.

Inquiries: Kathleen Hanratty; 301-435-0639

Executive Director, National Council on Independent Living (NCIL), Washington, DC

Deadline: October 31, 2008

Website: http://www.aucd.org/template/opportunity.cfm?opportunity_id=250&id=158&parent=158

Applications/Inquiries: ann.meadows@wvsilc.org

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

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; 215-204-0011.

Central Office Opportunities, Association of University Centers on Disabilities (AUCD), Silver Spring, MD

- Web Development and Information Manager - AUCD
- Project Manager - AUCD-NCBDDD Cooperative Agreement
- Program Specialist - AUCD
- Project Manager - AUCD

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

Inquiries: 301-588-8252

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

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

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

Four Positions, National Ability Center, Park City, Utah

- Ski Instructors
- Equestrian Program Instructor

Website: http://www.discovernac.org/job_openings.html

Applications: patresume@mrslc.com

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

Grants

Disability and Rehabilitation Research Projects and Centers Program--Advanced Rehabilitation Research Training (ARRT) Projects, U.S. Department of Education

Deadline: November 10, 2008

The purpose of this program is to provide research training and experience at an advanced level to individuals with doctorates or similar advanced degrees who have clinical or other relevant experience. ARRT projects train rehabilitation researchers, including researchers with disabilities, with particular attention to research areas that support the implementation and objectives of the Rehabilitation Act of 1973, as amended (Act), and that improve the effectiveness of services authorized under the Act.

For more information, go to <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=42832>.

**Building Healthy Communities for Active Aging: Training and Demonstration Projects,
Environmental Protection Agency**

Deadline: November 21, 2008

The EPA Aging Initiative, located in the Office of Children's Health Protection and Environmental Education, is seeking proposals for a new grant opportunity for Building Healthy Communities for Active Aging: Training and Demonstration Projects. Proposals must include their strategy for accomplishing one of the following two goals: (1) Training older adults, to be environmental leaders on local planning decisions that affect their community's built environment; (2) Demonstrating how greenways and sustainable streets can improve the quality of life for persons of all ages while improving environmental quality.

For more information, go to <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=42906>

**Health Resources & Services Administration Traumatic Brain Injury State Partnership Grant,
Department of Health and Human Services**

The purpose of this program is to enact and stabilize systems change within state governments to support the availability of and access to services and supports for individuals with TBI and their families.

For more information, go to <http://www.grants.gov/search/search.do?&mode=VIEW&flag2006=true&oppId=18341>

Participation in Research

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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UIC Logo



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