Director's Column: Environmental Disability

There is an old saying: *The way you make your bed is the way you sleep in it.* That may be true to some extent, but there is another twist to that saying that greatly affects our health: *the way your environment is structured is the way your health will go.* What this means in the simplest of terms is that an environment filled with inaccessible building structures, streets, sidewalks, and stores, and one that is devoid of good role models, will spawn poor health habits among its residents.


Voice from the Community
NCPAD would like to hear from you! This month, NCPAD begins a feature on personal success stories from the field. Are you a person with a disability who has overcome difficulties through your involvement in exercise, recreation, and/or sport? Are you a health care practitioner or caregiver assisting persons with disabilities to increase involvement in physical activity? How has NPCAD helped you in your quest for improved fitness? Send stories to jegray@uic.edu. If your story is used, we’ll send you a NCPAD t-shirt.

Fitness Can Be Fun! by Candace Bennett

"I've had multiple sclerosis for more than half my life. As my ability to ambulate has receded, I've needed to devise creative ways to accomplish tasks. I mostly use a motorized scooter, and for short trips around my house, I use a walker. That means that I accomplish as much as possible while seated, i.e., shopping, cooking, and bathing. I even got married sitting down! For me, finding appropriate exercises is very difficult. Since I must stand to ease the continuous strain on my back, working out in a swimming pool is an excellent activity.

Recently I moved from a house to a condominium for greater access to the city. From my new location, I called a NCPAD information specialist to learn about the location of accessible pools. Then I searched NCPAD's Web site. It provides information on adaptive equipment, programs, and how-to videos, as well as demonstration video clips. This is very reassuring as it demonstrates that I have many more options from which to choose than repetitive movements or low-impact water aerobics. NCPAD fact sheets and other materials help me to learn water yoga, martial arts, water Pilates, Yogalates, and adapted land sports. I now can be fit and have a lot of fun!"


From the Information Specialist's Desk

How do you plan on staying active this summer? NCPAD has some answers! In this issue, we feature new video clips on power soccer, inspiring and educational books on adapted physical education and sports, new NCPAD publications on physical activity for adolescents with limb differences, and a personal account of the benefits of karate for youth with disabilities. This month our nutrition corner includes recipe ideas for persons who have difficulty swallowing, and we once again challenge our readers to identify another accessibility problem in the attached photo.


2) Members of the American Public Health Association's (APHA) DisAbility Special Primary Interest Group (SPIG) can now register and make hotel reservations prior to the rest of the APHA membership. To locate the best hotels in terms of accessibility and proximity to the New Orleans Convention Center, go to the accessibility page to view hosted by APHA at http://www.ncpad.org/newsletter/newsletter.php?letter=39$ion=546#1. Housing and registration are now integrated so one can register and make hotel reservations at the same time. For reservations, go to http://www.ncpad.org/newsletter/newsletter.php?letter=39$ion=546#1. Be sure to inform the housing service of any special requirements you may have. All DisAbility Forum Sessions will be held at the Morial Convention Center. The Marriott Convention Center and the Holiday Inn Select are the closest hotels to the Convention Center. Hotel reservations can also be made via T: 888-424-1668 or F: 888-424-1669.

3) National Trails Day was June 4. Go to http://www.ncpad.org/newsletter/newsletter.php?
letter=39§ion=546#2 to obtain additional resources for adapted hiking.


NCPAD Book Reviews: Adapted Physical Education & Special Olympics Spirit

Adapted Physical Education and Sport, Fourth edition by Joseph P. Winnick

The world of adapted physical education and sport continues to undergo both legislative and practical changes. Those who want to stay abreast of those changes and provide people with disabilities the best physical education and sport experiences will benefit from *Adapted Physical Education and Sport, Fourth Edition*. Dr. Joseph Winnick, editor, is an international leader in this field with over 40 years of experience.

New features in this edition include updates on current legislation, an expanded coverage of inclusion, more focus on adapted sport, major revisions about measurement and assessment, a DVD version of the Brockport Physical Fitness Test, practical applications for children with behavioral disabilities, a new chapter on pervasive developmental disorder, more attention to working with individuals with visual and/or hearing impairments, and an expanded and updated instructor guide and test package.


Spirit and Resolve: A Special Olympics Athlete's Road to Gold by Tom Lambke

In 1981, Tom Lambke's son Bryan was born with Down syndrome. It soon became obvious that young Bryan shared his father's avid interest in sports. He loved to run, and was introduced to the Special Olympics when he was only 8 years old. Fourteen years later, Bryan stood atop the winner's platform, a gold medal winner at the 2003 International Special Olympics in Dublin, Ireland. In *Spirit, Courage, and Resolve*, Tom Lambke recounts the inspiring story of this young man.


NCPAD Video Corner: Power Soccer

This action-packed team sport combines the skill of the wheelchair user with the speed and power of the chair itself to create an extremely challenging game very similar to soccer. Power Soccer is the first competitive team sport designed and developed specifically for power wheelchair users.


NCPAD Research Corner: Adapted Physical Activity for Adolescents with Physical Disabilities

This paper gives an overview of general psychomotor behavior and characteristics and then focuses on adolescents with intellectual disabilities. Psychomotor intervention and educational programming suggestions are offered.

When compared to adolescents without disabilities, adolescents with intellectual disability demonstrate low levels of physical fitness and perceptual motor difficulties, which affect their ability to learn. Major barriers include language comprehension, crucial for following instructions, and physical disabilities, which affect their abilities to perform motor skills. These limitations impact their motivation and contribute to limited opportunities for regular participation in movement, physical activity and sports, which in turn affect their ability to develop and improve in these important areas of growth and development.

**Nutrition Corner: Tasty Foods for Persons who have Problems Swallowing and Chewing**

Eating is such a normal part of everyday life that it can be taken for granted. However, persons with certain disabilities, such as cerebral palsy or myasthenia gravis, as well as those who are aging, may find even the smallest meals to be exhausting, painful, and difficult to eat. Depending on the difficulty one has swallowing, general medical nutrition therapy recommendations from the American Dietetic Association, for example, include plenty of fluids between and during meals, plus soft foods and liquids as the main modality of food texture.

However, just because chewing or swallowing is difficult doesn't mean food cannot be enjoyable. Most recipes for easy-to-swallow foods are designed for young children, which may be unpalatable for an adult with 'mature' taste buds. The "Easy to Swallow" website has recipes donated by top chefs from around the world, as well as persons with chewing and swallowing problems. It also provides helpful information such as conversion tables from solid to liquid portions, tips on making eating and drinking easier, feeding and tube feeding, as well as a message board and other links.


**Public Health Corner: Personal Trainer Checklist & Preventive Benefits for People with Disabilities**

**Age-Friendly Personal Trainer Checklist:** The International Council on Active Aging (ICAA) has released the "ICAA Age-Friendly Personal Trainer Checklist" to help older adults select a fitness trainer. It is based on the "ICAA Questions to Ask a Personal Trainer" worksheet that is available for free at [http://www.ncpad.org/newsletter/newsletter.php?letter=39§ion=546#7](http://www.ncpad.org/newsletter/newsletter.php?letter=39§ion=546#7). The worksheet explains how to evaluate the trainer's answers to questions, and the checklist is a handy way to record those answers, covering the areas of experience, education, personality, and business practices. The ICAA Age-Friendly Facility Checklist is also available at [http://www.ncpad.org/newsletter/newsletter.php?letter=39§ion=546#7](http://www.ncpad.org/newsletter/newsletter.php?letter=39§ion=546#7).

**Preventive Benefits:** The Centers for Medicare & Medicaid Services (CMS) administers Medicare, the nation's largest health insurance program for persons 65 years of age and older, persons with disabilities under 65 years of age, and people with End-Stage Renal Disease. Read about CMS' new preventive benefits at [http://www.ncpad.org/newsletter/newsletter.php?letter=39§ion=546##8](http://www.ncpad.org/newsletter/newsletter.php?letter=39§ion=546##8), which includes publications #10110, *Medicare Preventive Services to Help Keep You Healthy*, and #10116, *Your Medicare Benefits*. Simply download or call 1-800-MEDICARE to order.
Can you Identify the Accessibility Problem in this Photo?

Recreation and exercise are essential parts of one's health and well-being, yet accessibility barriers can hinder or prevent people with disabilities from participating in and enjoying these activities. The removal of barriers and access to such facilities and activities are a responsibility to all of us.

Can you identify the accessibility problem in the picture below? Please send your observations to jegray@uic.edu.

New NCPAD Documents

Physical Activity Can Reduce Secondary Conditions in Youths With Limb Differences

Amputees have even more at stake in staying physically active, yet they have an additional hurdle to overcome. The amount of energy required during walking for people with lower-extremity (LE) limb differences is higher than for people with both legs. The higher the energy cost, the more work it takes to walk (or do any activity); therefore, the less activity the person is likely to do. This contributes to a sedentary lifestyle.


DISABILITY OR ABILITY? Karate for Proximal Femoral Focal Deficiency

"It is important to stay physically active even if you are 'DISABLED.' It annoys me when people give me this title, 'Oh, you can't run, too bad!' Nor can a number of people because of different reasons. People should focus on the positives. Maybe I can't run, but what about everything else I can do? I ride a hand cycle, I walk, I play golf, I swim, and I do karate."


Two Communities Pitch Adaptive Recreation Projects

During the summer 2005, Topeka, Kansas will have a new baseball field built specifically for people with physical disabilities. This diamond will be the first of its kind in Kansas. The project will include redesigning and resurfacing an existing ball diamond, which will support wheelchair softball, kickball, and other recreation programs.


Events

2005 Cerebral Palsy-International Sports and Recreation Association World Championships June 27-July 10, 2005

The National Disability Sports Alliance (NDSA) will host the 2005 Cerebral Palsy-International Sports and Recreation Association (CP-ISRA) World Championships, a world-class athletic competition for athletes with cerebral palsy-related physical disabilities. The world's top athletes with cerebral palsy-related physical disabilities will come together to compete in sports such as cycling, powerlifting, slalom, soccer, swimming, table tennis, and track and field. More than 1,000 athletes from about 50 countries, including the United States, will participate.
States, are expected to compete in the World Championships at Connecticut College in New London, CT, June 27 - July 10, 2005, and 2,000 volunteers are needed to assist the athletes.


LaSalle Bank Chicago Marathon Runners Wanted

If you or anyone you know is running in the 2005 LaSalle Bank Chicago Marathon (October 2005), please consider running for the Spinal Cord Injury Association of Illinois.


Abilities Expo, metro Detroit, August 26-28, 2005

Abilities Expo offers independent and assisted living products and services for persons with disabilities, caregivers, and healthcare/education professionals, and allows visitors to test and compare products and services offered by state-of-the-art exhibitors. Free consumer and professional workshops are offered by leading individuals in the healthcare, education, and retail fields.

For more information, go to http://www.ncpad.org/newsletter/newsletter.php?letter=39§ion=546#11.

Yoga for Children with Disabilities, June 13-August 8, 2005

Yoga helps children with disabilities improve their health through exercises that increase strength, flexibility, and body awareness, and complements OT, PT, and ST (speech therapy) sessions, as it helps develop some of the components necessary for learning new functional skills.

For information on upcoming camps in Villa Park, IL, please contact Carey Freyman at 708-763-8847 or 708-404-4589 and go to http://www.ncpad.org/newsletter/newsletter.php?letter=39§ion=546#12.

Independent Aging Event on Reducing Frailty, Arlington, VA, June 18, 2005

Marymount University has been approved by the White House Conference on Aging to hold a designated Independent Aging Event on Reducing Frailty, to be held June 18, 2005, from 8:30 a.m. to 3:30 p.m., at Marymount's Ballston Center, 1000 North Glebe Road, Arlington, Virginia.

Topics discussed will include creation of health care partnerships for community services and health promotion programs, access and delivery of community and long-term care services, and more. Recommendations from this event will then be submitted for consideration to the Policy Committee that is setting the agenda for the October 2005 White House Conference on Aging, which is responsible for submitting aging policy proposals to the President and Congress. To register and for more information, go to http://www.ncpad.org/newsletter/newsletter.php?letter=39§ion=546#13.

Adaptive Fitness, Sports, and Recreation for People with Disabilities, Rehabilitation Institute of Chicago, Chicago, IL, August 15, 2005
NCPAD partner, the Rehabilitation Institute of Chicago, will offer a conference in August on adapted fitness, sports, and recreation. Amy Rauworth, Associate Director of NCPAD, will give the keynote address.

Obtain early-bird registration before June 21. Distance learning continuing education credits are also available.

For more information, go to [http://www.ncpad.org/newsletter/newsletter.php?letter=39§ion=546#14](http://www.ncpad.org/newsletter/newsletter.php?letter=39§ion=546#14) to download the course brochure.

---

**AXIS Dance Company and the University of Washington Physically Integrated Dance Summer Intensive Workshop, Seattle, WA, August 19-28, 2005**

AXIS Dance Company will present its first Physically Integrated Dance Summer Intensive, August 19-28, at the University of Washington, Seattle, WA.


---

**Conferences**

**International Conference on Rehabilitation Robotics (ICORR) 2005, IEEE 9th International Conference on Rehabilitation Robotics, Chicago, IL, June 28-July 1, 2005**

ICORR highlights the most recent advances in the basic sciences of rehabilitation robotics.


---

**International Symposium on Adapted Physical Activity (ISAPA) Conference, Verona, Italy, July 5-9, 2005**

The symposium will attract speakers worldwide on the topics of adapted physical activity across the lifespan, education of APA professionals, disability sport, and more.


---

**2005 Southwest Conference on Disability, Albuquerque, NM, September 28-30, 2005**

The conference encourages contributions about quality of life from a variety of perspectives, including employment, housing, transportation, physical and emotional health, accessibility, education, assistive technologies, and culture.


---

**ACSM and the University of Illinois, Urbana-Champaign: Walking for Health: Measurement and Research Issues and Challenges, October 13-15, 2005**

Walking and other forms of mobility for people with disabilities (i.e., wheelchair rolling) are the most simple and effective physical activity modes in promoting physical activity, but critical research and measurement
questions remain. Topics of this conference will include critical measurement and research challenges; information on the latest research programs; and training on programs, measurement techniques, and statistical methods.


---

**International Conference on Aging, Disability, and Independence (ICADI), St. Petersburg, FL, February 1-4, 2006**

The conference will cover ways to maintain independence in later life, including mobility options, assistive technology, and home and work modifications.


---

**VISTA Conference, Bonn, Germany, May 6-7, 2006**

This conference is to provide a forum for exchange on current information, research initiatives, and expertise related to classification in Paralympic Sport and the Paralympic Movement. Deadline for submission of abstracts is August 1, 2005.


---

**Employment**

**Director of Orthopedics and Rehabilitation Services, Bayhealth Medical Center**

The director is responsible for the development and implementation of system-wide strategic initiatives and for operations of orthopedics and rehabilitation services at Bayhealth Medical Center, in Dover, Delaware. The Director must develop appropriate business relationships with physicians, vendors, community members, and other Bayhealth personnel. A Master's degree in Health Care Administration or MBA and 5 years in a similar position or with equivalent job components and responsibilities preferred. To apply, please send resume with cover letter, preferably by e-mail, to the Hollander Group, T: 202-270-8772, F: 202-337-4046, e-mail: info@thehollandergroup.net.

---

**Director of Recreation and Athletics for Persons with Disabilities, Lakeshore Foundation**

Lakeshore Foundation seeks applicants for a Director-level position of Recreation and Athletics. The Director is responsible for the day-to-day operation of the Recreation and Athletic Department, including recreation, competitive athletics, events, and summer sports programs for youth and adults with physical disabilities to pursue active healthy lifestyles. A minimum of 3 years of experience in athletic administration, program development, fiscal management, and public relations is required, as well as experience with long-range strategic planning and proven leadership within successful athletic programs. Bachelor's degree in sports management, physical education, business or related field is required. Master's degree preferred. Submit a letter of intent, resume, and three references to Debbie Smith, 4000 Ridgeway Drive, Birmingham, AL 35209, e-mail: DebbieS@lakeshore.org.

---

**Project Director Position Opening at the Association of University Centers on Disability (AUCD)**
Project Director Position Opening at the Association of University Centers on Disability (AUCD)

The candidate must provide leadership and information, and develop opportunities for the AUCD network of centers and programs to conduct research and education activities in the areas of disability and health, in cooperation with CDC's National Center on Birth Defects and Developmental Disabilities (NCBDDD).


Director, Steadward Centre

The Faculty of Physical Education and Recreation, in conjunction with the Steadward Centre for Personal and Physical Achievement at the University of Alberta, Edmonton, Alberta, invites applications for the position of Director of the Steadward Centre, which provides opportunities for Albertans with disabilities to enhance their physical and mental well-being through individually prescribed and group programs of physical activity, fitness-related medical interventions, and psychological services.


Adapted Physical Education Teacher


Grant Opportunities

Robert Wood Johnson Foundation (RWJF) Call for Proposals

The Local Initiative Funding Partners program is a partnership between the RWJF and local grant-makers that supports innovative, community-based projects to improve health and health care for society's disadvantaged populations. Brief proposals are due June 30, 2005.


American Heart Association, Greater Midwest Affiliate Grants

The American Heart Association funds research broadly related to cardiovascular function and disease, stroke, or to related clinical, basic science, bioengineering or biotechnology, and public health problems. Predoctoral and postdoctoral fellowships, scientist development grants, and grant-in-aid grants are available.

The due date is July 13, 2005, 5 p.m., Central Standard Time.


Newsletter Links

1. APHA links:

   APHA hotel accessibility page: http://www.apha.org/meetings/access.htm, and APHA registration and reservations: http://www.apha.org/meetings/reg_housing.htm


6. Easy to Swallow website: [http://www.easytoswallow.co.uk/](http://www.easytoswallow.co.uk/)

7. Age-Friendly Personal Trainer Checklist: [http://www.icaa.cc](http://www.icaa.cc)


10. LaSalle Bank Chicago Marathon Runners Wanted

    For information, call 708-352-6223, e-mail sciinjury@aol.com, or see the website at [http://www.SCI-Illinois.org](http://www.SCI-Illinois.org).


    Shows include Metro Detroit, August 26-28; Chicago Metro, September 16-18; and Northern California, November 18-20.

12. Yoga for Children with Disabilities

    Group #YOT1 is designed for children ages 3-6 who have significant motor impairments and are unable to walk independently. Children with low, high, or fluctuating muscle tone will benefit. Parents must participate as his/her child's helper during the group. Mondays, June 13-August 8, 1-1:45 pm.

    Group #YOT2 is designed for children ages 8-12, who are walking independently and have sensory or physical impairments. Children must be able to work within a group setting and follow multiple step directions independently, as they will participate without parents in this group. Mondays, June 13-August 8, 2-2:45 pm.

    For more information, contact Carey Freyman at 708-763-8847 or 708-404-4589.

13. Independent Aging Agenda Event on Reducing Frailty in Aging, Arlington, VA, June 18, 2005

    To register as a conference attendee, call 703-526-6873 or, for online registration, visit [http://www.marymount.edu/aging](http://www.marymount.edu/aging). For questions, call 703-284-5963 or email aging.agenda@marymount.edu.

14. Adaptive Fitness, Sports, and Recreation for People with Disabilities, Rehabilitation Institute of Chicago

    Presenters will explore how current and future community-based programs can integrate individuals
Presenters will explore how current and future community-based programs can integrate individuals with disabilities using fitness, sports, and recreation, as well as how a low-cost fitness program can be developed at home for people of any ability level.

http://www.ric.org/education/schedule.php

15. AXIS Dance Company and the University of Washington Physically Integrated Dance Summer Intensive

AXIS, Jürg Koch of the University of Washington Dance Department, and Olive Bieringa of the Body Cartography Project will teach physically integrated contact improvisation, technique, choreography, performance, and site-specific dance. The intensive workshop will culminate with an informal performance by workshop attendees and faculty.

Register online by visiting http://www.axisdance.org/education/schedule.html or by contacting the AXIS office at 510-625-0110 or info@axisdance.org.

16. ICORR 2005, IEEE 9th International Conference on Rehabilitation Robotics

ICORR highlights the most recent advances in the basic sciences of rehabilitation robotics. This conference will focus on a number of topics, including the themes of robotics in prosthetics and orthotics, and more.

http://www.smpp.nwu.edu/ICORR2005/

17. International Symposium on Adapted Physical Activity (ISAPA) Conference

The symposium will attract speakers worldwide on the topics of adapted physical activity across the lifespan, education of APA professionals, disability sport, and more.

For more information on registration, go to http://www.isapa2005.net or e-mail info@isapa2005.net.

18. 2005 Southwest Conference on Disability

The conference encourages contributions about quality of life from a variety of perspectives, including employment, housing, transportation, physical and emotional health, accessibility, education, assistive technologies, and culture.

For more information, go to http://cdd.unm.edu/swconf/main.htm or call 505-272-9594.


20. International Conference on Aging, Disability, and Independence (ICADI):

21. VISTA Conference

This conference is to provide a forum for exchange on current information, research initiatives and expertise related to classification in Paralympic Sport and the Paralympic Movement, as well as to enhance and promote cross-disciplinary professional interaction among sport scientists, coaches, classifiers, athletes, and sport administrators.

Deadline for submission of abstracts is August 1, 2005. Authors must submit the abstract
Deadline for submission of abstracts is August 1, 2005. Authors must submit the abstract electronically, accompanied by an Abstract Submission Form.

For further information, please contact Miriam Wilkens, IPC Media and Communication Director at +49-228-2907-180, e-mail: Miriam.wilkens@paralympic.org or click on http://www.paralympic.org/release/Main_Sections_Menu/Vista_Conference_2006/.

22. **Project Director Position Opening at the Association of University Centers on Disability**

   The Association of University Centers on Disability (AUCD) is seeking qualified candidates for the position of Project Director. The candidate must provide leadership and information, and develop opportunities for the AUCD network of Centers and Programs to conduct research and education activities in the areas of disability and health in cooperation with CDC's National Center on Birth Defects and Developmental Disabilities (NCBDDD). More specifically, this position is to direct, manage, and coordinate AUCD’s efforts under a federal cooperative agreement with the CDC to strengthen the nation's capacity to carry out public health activities in the areas of birth defects (BD), developmental disabilities (DD), and health promotion for people living with disabilities.

   Submit a letter of interest, resume of relevant experience, and names and contact information for three references via mail or e-mail to George Jesien, Ph.D., Executive Director, AUCD, 1010 Wayne Avenue, Suite 920, Silver Spring, MD 20910. E-mail: gjesien@aucd.org, URL: http://www.aucd.org/auccd_employment.htm. For additional information, please contact Ethan Long, Ph.D., Project Director, AUCD, 1010 Wayne Avenue, Suite 920, Silver Spring, MD 20910. T:301-588-8252, e-mail: elong@aucd.org.

23. **Director, Steadward Centre**

   This is a tenure-track position at the rank of Assistant or Associate Professor with a suggested start date of July 1, 2005, and an administrative appointment with support to enable the Director to maintain an active research program and to teach undergraduate and graduate students. The successful candidates will possess a completed doctorate, have strong evidence of effective teaching, and a proven track record of scholarly research and publication. The faculty is interested in attracting individuals who are considered to be emerging leaders in disability (particularly physical disability), physical activity, and sport.

   The Steadward Centre website is at http://www.steadwardcentre.org. Further information about the University of Alberta and the faculty may be obtained from http://www.ualberta.ca and http://www.physedandrec.ualberta.ca.

   Applicants should submit a curriculum vitae, brief descriptions of research and teaching interests, and the names of three references (including addresses, phone/fax and e-mail addresses). Please direct correspondence to:

   Dr. Michael J. 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: 780-492-3364
   Fax: 780-492-1008
24. **Adapted Physical Education Teacher**


25. **Robert Wood Johnson Foundation (RWJF) Call for Proposals**

   Three- and 4-year grants between $100,000 and $500,000 will be available for this round of funding, which must be matched dollar-for-dollar by local grant-makers such as community foundations, family foundations, corporate grant-makers, and others. In 2006, up to $6 million will be awarded in total. To be eligible, a local grant-maker must propose a funding partnership with RWJF to support the project.

   Complete information is available at [http://www.lifp.org](http://www.lifp.org).

26. **American Heart Association Cardiovascular Health Grants:**


---

**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](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.

**Subscribe/Unsubscribe**

To sign up for this free monthly electronic newsletter, click on [http://www.ncpad.org/newsletter/](http://www.ncpad.org/newsletter/) or send an e-mail to listserv@listserv.uic.edu with this message in the body of the e-mail: SUBSCRIBE NCPAD-NEWS yourfirstname yourlastname

If you would prefer to NOT receive NCPAD's monthly electronic newsletter, send an e-mail to listserv@listserv.uic.edu with this message in the body of the e-mail: SIGNOFF NCPAD-NEWS

**Legal Notice**

Links to articles appearing on other sites or sources are subject to the reproduction rules of those sites or sources. All other articles appearing in this newsletter are copyrighted by Board of Trustees of the University of Illinois (2003) unless otherwise noted. These articles may be freely distributed electronically provided that they are distributed in their entirety and include the following notice: "This article originally appeared in The NCPAD-News, issue date ##. It may be freely distributed electronically as long as it..."