Newsletter: March 2004

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

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Director's Corner: Children with Disabilities Missing on America's Playgrounds

In every community across America, families spend Saturday mornings or afternoons driving their children to various sporting events. The family outing provides the backdrop for what many say is a relief from the rigors of work. Getting out of the house for a couple of hours to watch a child participate in a recreational sport with other children in the neighborhood builds a nice synergy between neighbors, and often leads to lifelong friendships.

I experienced this weekly ritual for 16 years with both my daughters. Fall was the most enjoyable season. On crisp autumn days in late September and October, the soccer fields were filled with children chasing after black-and-white-checkered balls. Winter months were spent in indoor soccer and basketball, and spring and summer were reserved for softball. In each of those 16 years, never once did either of my daughters have a teammate with a disability.

Children with disabilities are not provided the same opportunities as their non-disabled peers to participate in integrated sports programs. With a few minor rule changes and adaptations, the goal of having fun could be attained by every child with and without a disability. Sports for children should mean sports for ALL children, with no footnotes attached.


From the Information Specialist's Desk

1. Children's News!

   Coming soon: NCPAD's children's Web site! We encourage your suggestions, as we are in the developmental stages of this exciting Web site that will provide children with disabilities the opportunity to become more physically active and interact with other children with and without disabilities. E-mail your ideas to Cheeri Ong at cheeri@uic.edu.

   As voiced in this month's Director's corner, children with and without disabilities need to be included in sports and recreation. Moreover, children must be encouraged to choose physical activities over sedentary behaviors. Epstein and Roemmich (2001) reviewed why people choose physical or sedentary activities, and how this information can help to design public health interventions. Read the abstract at [http://www.ncpad.org/research/fact_sheet.php?sheet=148](http://www.ncpad.org/research/fact_sheet.php?sheet=148)

   The CDC Verb Campaign, which aims to increase knowledge, improve attitudes, and heighten awareness of options and opportunities for "tween" (children ages 9-13) participation in physical activity, can be located at [http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#1](http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#1). The Campaign also has excellent materials in a variety of languages, as well as good resources at [http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#2](http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#2)

2. Make Nutrition Part of Your Health Promotion Program!

   March is National Nutrition Month. See the Illinois Center on Health Promotion, Nutrition, Physical Activity, and Disability hosted by NCPAD at [http://www.ncpad.org/nutrition/](http://www.ncpad.org/nutrition/). This Web site has general nutrition guidelines on serving sizes, the food pyramid, and food labels, as well as condition-specific guidelines for persons with Alzheimer's disease, autism, multiple sclerosis, and spinal cord injury. The American Dietetic Association also has an excellent nutrition education campaign at [http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#3](http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#3), as well as many other useful resources.

3. Health Promotion for Persons with Multiple Sclerosis

   March also is National Multiple Sclerosis Education and Awareness Month. See the Multiple Sclerosis Foundation Web site at [http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#4](http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#4), or contact it (e-

4. Sled Hockey Video Clip!

View the new addition to our video clip library at http://www.ncpad.org/videos/

5. Call for Writers!

$$Writers needed!! NCPAD needs factsheets on physical activity and the disability areas of ADHD, chronic heart failure, chronic obstructive pulmonary disease, epilepsy, and spina bifida. If you or someone you can recommend is an expert in any of these areas and would be interested in writing a short factsheet on the topic, please contact Jennifer Gray at jegray@uic.edu.

**NCPAD Research Abstracts on Exercise for Persons with Multiple Sclerosis and Myasthenia Gravis**


It has been shown that individuals with multiple sclerosis (MS) can engage in aerobic exercise safely, and the result is increased fitness. Secondary benefits include reduced depression and anxiety as well as an improved sense of well-being. Improved fitness will decrease morbidity resulting from cardiovascular disease and other illnesses that develop as a consequence of immobility. This overview paper provides recommendations for physical activity for persons with MS.

Following a brief exercise history including ambulation, balance, coordination, and strength, a review of cardiopulmonary function and an electrocardiogram should be obtained, as well as a graded exercise test performed to estimate VO2max and Rating of Perceived Exertion (RPE). Then, an exercise prescription can be formulated according to the person's specific physical abilities and limitations. Regulation of body temperature must be monitored due to dysautonomia, a malfunction of the autonomic nervous system. Balance and coordination may also be enhanced with Swiss ball exercises and pool exercises.

Read the complete abstract at http://www.ncpad.org/research/fact_sheet.php?sheet=149


This article presents a case study that examines the effects of a 15-week resistance exercise program and creatine supplements on body composition, training volume, strength, and blood chemistry in a 26-year-old man with myasthenia gravis (MG). After a 15-week creatine supplementation and exercise program, the 26-year-old male showed a 6.8% increase in body weight, a 4.3% increase in fat-free mass, a 37.0% increase in upper-body strength, and a 15.0% increase in lower-body strength. The subject's blood chemistry levels also stayed within normal limits for the entire 15-week study. The study demonstrates that resistance training in conjunction with creatine supplementation may lead to increases in strength and fat-free mass in those with myasthenia gravis.


**Video Review: The Chariot Races: A Journey from Disabled to Enabled**

The Chariot Races is a unique documentary about the profound journey that some persons with disabilities undergo
to become truly enabled. Focusing on the extraordinary experiences of world-class skier and wheelchair racer John Davis, this breathtaking film shows all of us, disabled and non-disabled alike, that we can accomplish anything. Stunning visuals, a jazzy musical score and lots of sports footage, including extreme skiing and downhill wheelchair racing, make the Chariot Races unforgettable to viewers ages ten and older. Each video is accompanied by a discussion guide on social issues, such as understanding and respecting diversity, setting and achieving goals, and methods for overcoming seemingly insurmountable obstacles.

This video can be purchased for $29.95 for individuals with disabilities (home use only) and $69.95 for institutions or groups.

Live Wire Media: 3450 Sacramento St. San Francisco, CA 94118; 800-359-5437; http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#5; 27 minutes

**Getting Past Fatigue: How One Person with MS Manages**

Many Americans with disabilities face each day with a fundamental disadvantage: fatigue. Fatigue has a major impact on people with multiple sclerosis, fibromyalgia, spinal cord injury, post-polio syndrome, and many other disabilities.

Candace Bennett, writer and a person with MS, notes that fatigue first taxes the central nervous system when the body must repeatedly resend misdirected nerve impulses. Secondarily, fatigue requires a person with limited mobility to use a lot of extra energy ambulating, communicating, and just working through normal activities in each day: dressing, eating, bathing, and thinking. When those abilities are compromised, the devastating effect of fatigue is, in many cases, one of the most limiting secondary conditions. The overall effect can lead to curtailing activities, especially when it comes to recreation and exercise. Read Candace's article on her experiences with dealing with fatigue at [http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=202](http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=202).

**Parks and Recreation Budget Cuts Slow Accommodation**

Improvements to park and outdoor areas and facilities are a sure sign of the upcoming summer recreation season. However, as the national economy and state budget cutbacks put the squeeze on spending, parks and recreation will undoubtedly feel the impact. The dollars typically are budgeted to benefit usage by the greatest number of persons. What many places do not always recognize is that universal access not only improves accessibility for persons with disabilities, but also for parents with children in strollers and the growing aging population.


**The Flis Card: A First for Athletes with Disabilities**

On the weekend of December 6, 2003, In the Game, Inc. released the first ever NHL trading card featuring a sled hockey player, as well as an athlete with a disability, Sylvester Flis.

Flis, #4 defenseman for the Rehabilitation Institute of Chicago's RIC Blackhawks, has been playing sled hockey for the past eight years, and four years for the RIC Blackhawks. Sylvester Flis was born with Spina Bifida in Stalowa Wola, Poland, and moved to Chicago in 1994 for rehabilitation purposes.

In the fall of 1999, Flis was instrumental in the introduction of sled hockey to the RIC Sports Program, the RIC Blackhawks Sled Hockey Team. The RIC Blackhawks hold the title of the #1 ranked sled hockey club team in the world. Flis led the Blackhawks at the 2002 Malmo Open in Sweden where they became tournament Champions. Flis has had the honor of meeting President Bush, has been recognized by the Guinness Book of World Records in 2003 for the most goals and points scored in a single Paralympic Games, has been awarded the U.S. Olympic Committee Male Athlete of the Month in March 2002, and was recognized in a proclamation by Mayor Richard Daley by the City of Chicago in May 2002.
The RIC Blackhawks Sled Hockey program is supported in part by Chicago Blackhawk Charities, a fund of the McCormick Tribune Foundation.

A New Piece of Exercise Equipment: VitaGlide Exercise System

VitaGlide™ is the result of extensive research into the causes of shoulder injuries and pain, especially among wheelchair users. Research has indicated that shoulder injuries occurring in wheelchair users are similar to rotator cuff injuries suffered by baseball pitchers. These injuries are caused by imbalanced muscle stress placed on the shoulder joint that produces overuse syndrome. It is important to not only condition the muscle groups directly used in specific movements, such as pushing a wheelchair, but also the opposite muscle groups, as a balanced shoulder musculature better supports the joint and reduces the risk of pain or injury.

VitaGlide is a revolutionary exercise system designed to improve the quality of seated fitness programs. Using its patented linear, push-pull technology, VitaGlide® increases range of motion and involves more muscle groups, resulting in a more complete workout when compared to traditional seated systems. It uses handles that glide along two converging tracks which are positioned to provide natural pushing and pulling motions and comes complete with an adjustable base to allow users to roll into position in their wheelchairs, without having to transfer onto another seat.

Learn more about VitaGlide and read testimonials from people with disabilities at http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#7.

Telephone Access for Persons with Disabilities

If you have a speech disability and live in the United States (including Puerto Rico), you can now use a new, free telephone service 24 hours a day. This service, called "Speech to Speech" (STS), provides communication assistants (CAs) for people with difficulty being understood by the public on the telephone. It is a form of relay service and is provided through the TTY relay in each state, though unlike TTY, STS enables people with speech disabilities to communicate by voice through a CA, as many people with speech disabilities have difficulty typing.

For more information, contact Dr. Bob Segalman at 800-854-7784, Katherine Keller at info@stsnews.com to be placed on the STS List Serve, and visit the STS Web site at http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#8. For a list of U.S. Speech-to-Speech access numbers, go to http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#9. Access STS by dialing 711 and ask for Speech-to-Speech. If a CA cannot place an STS call for you, please e-mail Dr. Bob Segalman (bob@dor.ca.gov) with your name, date and time of call, location, and telephone number.

Looking for Study Participants: Women with Mobility Impairments

Are you a woman with mobility impairments between the ages of 40 and 65? If so, participate in a study about making decisions about your health during menopause, such as whether or not to take hormone therapy. See the brochure at http://www.ncpad.org/DECISIONSbrochure.pdf. For questions about this study, please call Dr. Heather Becker at 800-687-8010.

Looking for Study Participants in Chicago: Arthritis and Exercise Research Study

Are you an older adult with arthritis? If so, you may have the opportunity to join a University of Illinois at Chicago exercise research study. The free exercise program fosters independent living through strength training, walking and education. Physical therapists lead the program. You will also be interviewed at regular intervals for a period of two
First Statewide Conference in New York on Health and Wellness for Adults with Disabilities

New York State Department of Health's conference, "Health and Wellness for Adults with Disabilities - Empowerment through Healthier Lifestyles", April 15-16, 2004, at the Albany Marriott Hotel, will offer an opportunity to share promising health promotion strategies and innovative activities at the national, state, and local levels to promote community participation, independence, and good health. The agenda will highlight recreational opportunities, community collaborations, personal experiences, and community and government-based supports designed to enhance health and wellness for people with disabilities. James Rimmer is one of the keynote speakers, speaking on "The Public Health Campaign to Increase Physical Activity in the U.S. Population: Where are People with Disabilities," and follows the honorable Antonia Coello Novello, M.D., M.P.H., Dr.P.H., Commissioner, New York State Department of Health.

Information is available on the New York Association of County Health Officials Web site at http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#10. Inquiries can also be directed to Cristina Dyer-Drobnack at T: 518-456-7905 or e-mail: cristina@nysacho.org.

Conference: Restoration of (Wheeled) Mobility in Spinal Cord Injury

A three-day international Congress dedicated to the wheeled mobility restoration for persons with spinal cord injury (SCI) will be held April 19-21, 2004, in Amsterdam, the Netherlands.

For more information, please contact the Institute for Fundamental & Clinical Human Movement Sciences at T: +31-20-4448490, F: +31-20-4448529, e-mail: congress2004@fbw.vu.nl, or see its Web site at http://www.ncpad.org/newsletter/newsletter.php?letter=5§ion=43#11.

Competition: Illinois Games Classic: Bocce and Track & Field

Bocce Competition: Saturday, May 15: Elk Grove Park District, 1000 Wellington, Elk Grove Village, IL

Track & Field Competition: Sunday, May 16: Rolling Meadows High School, 2901 W. Central Road, Rolling Meadows, IL

Sponsored in cooperation with BlazeSports Clubs, Wheelchair Sports, USA (WSUSA), Disabled Sports, USA (DSUSA), National Disabled Sports Alliance (NDSA), and United States Association of Blind Athletes (USABA).

For more information, please contact Cindy Housner, Director of Great Lakes Adaptive Sports Association at 847-283-0908 or info@glasa.org. See the NCPAD Bocce factsheet at http://www.ncpad.org/lifetime/fact_sheet.php?sheet=3.

March 2004 Links Page

1. CDC Verb Campaign: http://www.cdc.gov/youthcampaign/index.htm
3. American Dietetic Association: http://www.eatright.org/Public/NutritionInformation/92_11422.cfm
6. Flis Card a First for Athletes with Disabilities: [http://www.baptradingcards.com](http://www.baptradingcards.com)


   **VitaGlide™ Testimonials:** [http://www.rmtfitness.com/testimonials.html](http://www.rmtfitness.com/testimonials.html)


10. **First Statewide Conference on Health and Wellness for Adults with Disabilities:**

11. **Restoration of (Wheeled) Mobility in Spinal Cord Injury Rehabilitation Conference:**
    [http://www.ifkb.nl/SCIcongress](http://www.ifkb.nl/SCIcongress)

**About NCPAD**

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 Web site 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**

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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