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NCPAD NEWS: September 2008

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

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From the Editor's Desk: Step it Up in September

Many September health observances and special events are represented in this month's features. The Director's Column and Book Review both discuss the Paralympics and the social influence that the Games can have even beyond the impact of its inspirational athletic performances. National Yoga Month is highlighted in this month's Community Voice, which features an accessible yoga training program that not only educates instructors on modifying yoga positions for people with disabilities, but is modified logistically to allow instructors with disabilities full participation. I challenge you to do the same! Step it Up this September and find out what basic modification(s) you can make in your program or facility to include more people. Need help? Contact a NCPAD Information Specialist (ncpad@uic.edu, 800-900-8086) and
we can help you *Step it Up!*

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

**Director's Column: Growth of Paralympics Helps Change the World's View of Disability**

The final stretch of summer is ending this year with an exciting two weeks of Paralympic competition. Underway this week in Beijing, the Paralympic Games involve more than 4,000 athletes with disabilities from 148 different countries. Eager sports fans who enjoy the height of international competition will appreciate the dedication and determination of these fine athletes, many of whom had to overcome enormous physical and attitudinal barriers to reach Beijing. Many athletes had to spend their own money or raise their own funds for several years to get to the Games, which is what makes the Paralympics such a unique event.


**From the Information Specialist's Desk: Fall into Inclusion**

Inclusion seems to be a common theme for NCPAD throughout this month's newsletter. The "In the News" section features "Promoting Inclusive Physical Activity Communities for People with Disabilities," for which NCPAD director James H. Rimmer serves as the guest author. NCPAD's New Document feature is a Community Spotlight on a motivated group of people in Seattle that are dedicated to making inclusive play areas for their local children. Also, coming up in October is the Inclusive Fitness Conference, which NCPAD is excited to be co-hosting (see the Events section for details). So check out these other NCPAD resources to find out why and how everyone should *Fall for Inclusion* this month!

- **Video-enabled factsheets:**
  - Best Practice of Inclusive Services: The Value of Inclusion
  - Making A Splash: Inclusion of People with Disabilities in Aquatic Venues
- **Fun and Leisure Publication**
  - Community Inclusion Model: City of Reno

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**Monthly Observances:**

**National Yoga Month**
Yoga Health Foundation
310-928-6638
[http://www.yogamonth.org](http://www.yogamonth.org)

NCPAD Resources on Yoga:

- Yoga for Individuals with Disabilities (video-enabled)
F.I.T.T.: Back-to-School Basics for Fitness Professionals

Yes, it is that time of year again! Students are headed back to the classroom and ready to learn as much as they can! Like these children, many of us are lifetime learners or professional students. We are always looking for ways to further our knowledge, improve our services, and advance our careers.

Nutrition Spotlight: Sleep Disturbances: How Diet Can Help

Sleep. We know we need it but few of us get enough of it. As children, we used to dread sleep. We'd fight taking a nap and prolong bedtime as long as possible. Weren't those the days? As adults, we savor every minute we get a chance to have uninterrupted sleep.

Unfortunately, sleep problems and disturbances are an all-too-common concern for many of us. From time to time, most people have some difficulty sleeping. For others, however, sleeping problems are a constant issue.


NCPAD New Document: Your Writes: Community Spotlight - Seattle Children's PlayGarden

By: Jessica Madrigal

I believe that parents and children agree that it would be nice to visit the local playground without having to worry that it may not have all of the accessible features necessary for people of ALL abilities. One step beyond just finding it accessible would be to find that the facility also offered inclusive programs and events. Can you imagine a world where parents and children don't have to worry about safe smooth surfacing, accessible swings, or calling ahead to find out if their child's wheelchair can even access a weekend event? I can!


Community Voice: Program Spotlight: San Francisco Integral Yoga Institute's Accessible Teacher Training

Patrice Wagner is a long-time yoga student of Rev. Jivana Heyman, Director of Teacher Training, at the San Francisco Integral Yoga Institute. Patrice was diagnosed with multiple sclerosis (MS) about 20 years ago and since then has benefited tremendously from yoga and the serenity that it brings. Though she would have liked to enter a regular yoga teacher training program, fatigue kept her from doing so as most programs are highly intensive, requiring completion of 200 hours of work in about 8 to 10 weeks.


Video Review: Fitness 1-2-3 Video on Balance/Core Training

Chris Johnson and his wife Sarah, creators of Fitness 1-2-3™, have developed a 6-part video series aligned with the National Standards for Physical Fitness, the California Adaptive Physical Education Standards, and the Special Education Administrators of County Offices in California. The series includes the following:

- Low/Limited Mobility Muscular Training (Reviewed March 2008)
- Pull Movement/Muscular Training (Reviewed June 2008)
- Push Movement/Muscular Training (Reviewed August 2008)
- *Balance/Core Training (Current Review September 2008)
- Early Childhood Physical Activity
- Fit-4-Testing

**Book Review: The Cultural Politics of the Paralympic Movement: Through an Anthropological Lens**

Routledge, New York

Expansion of the Paralympic Games has somewhat mirrored expansion of the mainstream Olympics and the event now constitutes an internationally significant sporting festival. This book examines the development of the Paralympics and discusses the argument about whether the Games are justifiably used as a vehicle for the empowerment of people with disabilities. David Howe, a successful Paralympian himself, investigates the economic, social, cultural, and political processes shaping the Paralympic movement on a local and global scale, and develops a new theory of the relationship between sport, the body, and the culture of disability.

For more information, or to order a copy of this book, go to http://www.routledge.com/books/The-Cultural-Politics-of-the-Paralympic-Movement-isbn9780415288873 or contact 800-634-7064.

**Emerging Evidence in Health and Disability: Resistance Training in Children with Cerebral Palsy**


Abstract written by Mary Hoffman

This pilot study consisting of 8 children between the ages of 6 and 12 years was performed in order to examine the effects of progressive resistance training on muscle tone and strength of the hamstrings and quadriceps muscles as well as the effects on functional outcomes in children with bilateral hypertonic cerebral palsy (CP). The intervention consisted of 6 weeks of progressive resistance training three times per week using free weights. Functional measurements consisted of a 10-meter timed walking test, assessment of isometric muscle strength, and assessment of muscle tone. The results indicated that mean quadriceps and hamstrings strength significantly improved.


**In the News ....**

**Promoting Inclusive Physical Activity Communities for People with Disabilities, President's Council on Physical Fitness and Sports Research Digest, Series 9, No. 2, June/July, 2008**

Guest Author: Dr. James H. Rimmer
Co-edited by: Dr. Barbara Ainsworth, Dr. Deborah R. Young, and Dr. Michael La Monte.

Abstract: People with disabilities face substantial health risks associated with a physically inactive lifestyle. Unfortunately, even when individuals with disabilities want to increase their physical activity levels, they are often confronted with many more barriers than the general population. This limits or restricts their opportunities to improve their own health. With the impending growth of older individuals entering their 60s and 70s, many of whom will enter the ranks of disability as a result of acquiring one or more physical,
60s and 70s, many of whom will enter the ranks of disability as a result of acquiring one or more physical, cognitive, or sensory impairments, health and fitness professionals must redirect part of their efforts at providing accessible facilities, programs, and services to members in their community who have a disability. The participation of younger and older individuals with disabilities in physical activity must become one of the highest priorities for public and private organizations responsible for improving the health of every citizen in this nation.

To access this publication, go to http://www.presidentschallenge.org/misc/news_research/research_digests/june2008.pdf

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**Challenged America Hoists Sails for Recently Injured Vets, September 28-October 3, 2008, San Diego, CA**

San Diego's Challenged America program will hoist its sails this month at the first National Summer Sports Clinic (SSC) hosted by the U.S. Department of Veterans Affairs. Clinic participants will include recently injured veterans with traumatic brain injury, spinal cord injury, blindness, amputation, various neurological conditions, burn injuries, psychological trauma, and other recent disabilities.

For additional information, visit http://www.summersportsclinic.va.gov, or contact Urban Miyares at Port@ChallengedAmerica.org or (619) 594-8805, or visit http://www.ChallengedAmerica.org.

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**Obstacle Course: Inaccessibility of Athletic Centers, Athletic Business, September 2008**

Though most recreation facilities meet the legal requirements associated with accessibility, few address the actual needs of people with disabilities. To read this article written by Corey Fairbanks, an architect in Denver, Colorado, go to http://www.athleticbusiness.com/articles/article.aspx?articleid=1851&zoneid=10.

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**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.*

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

The IFC (www.incfit.org) is calling for inclusive playgrounds and related organizations to host an inclusive playgrounds awareness event. 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 and/or learn more about IFC's Inclusive Play Workgroup, please contact Jessica Madrigal at jmadri1@uic.edu.

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**20th National Conference on Chronic Disease Prevention and Control: Cultivating Healthy Communities, February 23-25, 2009, Baltimore, MD**

*Abstracts Submission Deadline: Monday, September 15, 2008*

Conference tracks are Health Policy, Health Equity and Disparities Elimination, Effective Interventions, Translation of Science to Practice, and New Frontiers in Practices and Partnerships.

For more information, go to http://www.cdc.gov/ncedphp/conference/index.htm or call 404-639-3311.
2008 APHA Conference Scholarships Opportunities Announcement

Applications due: September 30

Association of University Centers on Disabilities (AUCD) in collaboration with the American Public Health Association (APHA) Disability Section is excited to announce five new $1,000 conference scholarship opportunities open to AUCD Network Trainees as well as other graduate students involved in the work with CDC State Disability and Health grantees to attend the 2008 APHA Annual Meeting (October 25-29, 2008 in San Diego, CA). All applicants are required to submit online at https://www.aucd.org/app/.

For more information or for questions, contact Sue Lin at 301-588-8252 or slin@aucd.org or go to http://www.aucd.org.

Veterans' Adaptive Activities Day, October 3, 2008, Chicago, IL

The Illinois Department of Veterans Affairs and the Chicago Park District invite you to a day of games, fun, food, music, and inclusive fitness for veterans with disabilities and their families and friends. Events will take place at Northerly Island in Chicago from 10 a.m. to 3 p.m. Activities will include handcycling, fishing, kayaking, golf, table games, tennis, bocce ball, quad rugby, sailing, rowing, and wheelchair sports such as football, basketball, and softball, as well as feature other adaptive sporting equipment. Pre-register by emailing events@dva.state.il.us or calling 217-782-3393.

National Council on Disability (NCD) Quarterly Public Meeting, October 6-8, 2008, Kansas City, MO

The agenda for this meeting will include emergency preparedness, healthcare, employment, and other subjects of interest.


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

Is your facility servicing all Americans? This first-ever conference taking place at McCormick Place Convention Center in Chicago 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.

The host show, Club Industry 2008, is in its 23rd year and is the premiere event for commercial fitness and nutrition, gathering over 5,000 fitness industry professionals to see and try out the latest in equipment, products, and services, to network with other industry professionals, and to learn how to better serve its members and clients.
For more information on the Inclusive Fitness Conference, contact the National Center on Physical Activity and Disability (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/NCPADDiscregfm.pdf.

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

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This conference, hosted by the Institute for Community Inclusion in collaboration with the Association of University Centers on Disabilities (AUCD), will explore the changing dynamics of the disability community, and what must be done to ensure that positive and necessary changes occur within both the national service and disability communities.

To register or for more information, go to http://www.serviceandinclusion.org/index.php?page=front_conf or call 888-491-0326.

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**9th Annual Multiple Perspectives on Access, Inclusion & Disability: Change, Challenge, & Collaboration, April 28-29, 2009, Ohio State University, Columbus Campus**

*Call for Presentations Deadline: November 1, 2008*

This year's conference, themed "Change, Challenge & Collaboration", continues efforts to bring together a diverse audience to explore disability as both an individual experience and social reality.

Submit presentations to ADA-OSU@osu.edu or by fax at 614-688-3665 or by mail: University ADA Coordinator's Office, 1849 Cannon Drive, Columbus, OH 43210. For more information, go to http://ada.osu.edu/conferences/2009Conf/callforpapers09.html

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**San Francisco Integral Yoga Institute's Accessible Teacher Training, October 14, 2008 – May 22, 2009, Oakland, CA**

Accessible Teacher Training is a 200-hour Integral Yoga Teacher Training Certification Program designed for people with physical challenges. This program will meet national standards for yoga teachers and is registered with the Yoga Alliance (the national yoga organization).

For more information, contact the Institute at 415-821-1117, x 375 or training@IntegralYogaSF.org or go to www.integralyogasf.org/.

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**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.*

**Executive Director, The Arc of Iroquois County, Illinois**

*Deadline: October 15, 2008*
This challenging opportunity to help lead a progressive non-profit agency will be open in February 2009.

Website: [http://www.thearcirq.org](http://www.thearcirq.org)
Applications/Inquiries: Kolene Lucht, 319 S. Hislop Drive, Cissna Park, IL 60924; luchtk@hotmail.com

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](http://www.aucd.org/template/page.cfm?id=158)
Inquiries: 301-588-8252

Project Manager, Mobility International USA (MIUSA), Eugene, OR

MIUSA seeks a qualified candidate to manage the USAID-sponsored Building an Inclusive Development Community project. MIUSA serves as a bridge to promote inclusion and bring together disability and development organizations.

Website: [www.miusa.org](http://www.miusa.org)
Inquiries: 541-343-1284

Two Positions, Centers for Disease Control and Prevention (CDC), Association of University Centers on Disabilities (AUCD), Silver Spring, Maryland

- Project Manager
  Applications: Laura Martin, 1010 Wayne Avenue, Suite 920, Silver Spring, MD 20910, lmartin@aucd.org
  Inquiries: Sue Lin, 1010 Wayne Avenue, Suite 920, Silver Spring, MD 20910, slin@aucd.org, 301-588-8252, ext. 212

- Project Specialist
  Website: [http://www.aucd.org/template/opportunity.cfm?opportunity_id=221&id=158&parent=158](http://www.aucd.org/template/opportunity.cfm?opportunity_id=221&id=158&parent=158)
  Applications: Laura Martin, 1010 Wayne Ave, Suite 920, Silver Spring, MD 20910, lmartin@aucd.org
  Inquiries: George Jesien, 301-588-8252, ext. 207; Sue Lin, 301-588-8252, ext. 212.

Rehabilitation Engineering Research Center on Recreation Technology (RERC Rectech).
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: http://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

- Ability Ski Team Head Coach (closes August 22)
- Ability Ski Team Assistant Coach (closes August 22)
- Ski Instructors
- Equestrian Program Instructor
- AmeriCorps Members

Website: http://www.discovernac.org/job_openings.html
Applications: patresume@mrislc.com
Inquiries: Pete Taylor, 800-622-2085, ext. 327

Grants

Public Health Conference Support Program, Department of Health and Human Services, Centers for Disease Control and Prevention
Deadline: March 2, 2009

The purpose is to provide partial support for specific non-Federal conferences in the areas of health promotion and disease prevention, educational programs, and applied research and addresses the "Healthy People 2010" focus area(s) of Access to Quality Health Services; Arthritis, Osteoporosis and Chronic Back Conditions; Cancer; Diabetes; Disability and Secondary Conditions; Educational and Community-Based Programs; Environmental Health; Food Safety; Health Communication; Heart Disease and Stroke; Injury and Violence Prevention; Maternal, Infant and Child Health; Mental Health and Mental Disorders; Nutrition and Overweight; Physical Activity and Fitness; Public Health Infrastructure; Respiratory Diseases; Tobacco Use; and Vision and Hearing.

For more information, go to http://www.grants.gov/search/search.do?
&mode=VIEW&flag2006=true&oppId=18319.

Quality of Life Grants, Christopher and Dana Reeve Foundation (CDRF)

CDRF awards grants in 13 categories, including health promotion, employment, sports and recreation, and advocacy, to fund programs across the globe that help people with paralysis become more fully integrated members of society.
For more information, go to http://www.christopherreeve.org or contact 800-225-0292.

Participation in Research

Improvements in Health and Function for Individuals Living with Spinal Cord Injury (SCI) or Other Diagnosis, University of Houston

The purpose of this study is to ascertain information from individuals paralyzed due to spinal cord injury or other diagnoses relating to their interest and efforts to improve health and function. Participation consists of a brief (20 minute) survey related to health and function.

For more information, please contact Marcus W. Edwards at 713-822-3242 or his faculty advisor, Dennis W. Smith, Ph.D., at 713-743-9853 or access the official consent form at http://www.surveymonkey.com/s.aspx?sm=p5JgXiwqIjiWvQYVteM0Yg_3d_3d.

Project Adventure, Children's Hospital, Boston, MA

This community-based project helps children and youth with special health care needs and disabilities have an inclusive recreational experience in Boston-area YMCAs by matching adult volunteers with children between 6 - 15 years to participate in an activity of the child's choice.

For more information, email Jenna.Curry@childrens.harvard.edu or call 617-556-4075, ext .15.

Therapies for Stroke and Spinal Cord Injury Survivors, Veterans' Administration Brain Rehabilitation Research Center of Excellence, Florida

This research study, conducted in conjunction with the University of Florida, is seeking participants in Gainesville, Jacksonville, and surrounding areas who have impairment due to stroke or spinal cord injury and are no longer receiving therapy. You must be at least 18 years old and understand and read English.

For more information, please call 800-324-8387 or 352-376-1611, ext. 5223, or send an email to Amber.Waters@va.gov.

Community-Based Intervention, Department of Disability and Human Development, University of Illinois at Chicago

This community-based intervention project for people who use a wheelchair, scooter, cane, or walker and who live or work within 3 miles of UIC consists of a series of phone surveys pertaining to improving transportation, healthy food, and recreation accessibility. Compensation will be provided.

For more information, please contact Lisa Tussing-Humphreys in the Department of Kinesiology and Nutrition at ltussing@uic.edu or 312-413-4807.

Rehabilitation Research and Training Center (RRTC) Survey on Health and Wellness, Oregon Health & Science University
This confidential and IRB-approved study is looking for people 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.

WHO: Adults (18 years or older) who have a spinal cord injury
WHAT: Fill out a survey about health and well being
TIME: 30 to 45 minutes
WHERE: Survey is mailed to you (after a brief screening phone call)