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## Volume 7, Issue 4

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

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## From the Editor's Desk: Just What the Doctor Ordered

Having just completed my tax return (who am I kidding, I wait until the 14th), my own personal finances are swirling around in my head. Wouldn't it be great if there were a way to reduce one of our major costs of living, like healthcare? Well, maybe there is! The American College of Sports Medicine (ACSM) and the American Medical Association (AMA) have launched an exciting national initiative called Exercise is Medicine™. The goal is to make physical activity and exercise a standard part of disease prevention and medical care in the United States, thus leading to overall improvement in the public's health and long-term reduction in healthcare cost.

For additional information on Exercise is Medicine™, go to <http://www.exerciseismedicine.org/index2.htm> or read this month's FITT column at [http://www.ncpad.org/fitt/fact\\_sheet.php?sheet=611](http://www.ncpad.org/fitt/fact_sheet.php?sheet=611). For questions, feel free to contact the ACSM at 317-637-9200 ext. 127 or 133 or via email at [publicinfo@acsm.org](mailto:publicinfo@acsm.org).

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

## **Director's Column: The Importance of Fitness for People with Disabilities**

The other day I was in Queens, New York, visiting my 87-year-old mother when she called me over to her fourth-floor window to view a woman with severe cerebral palsy struggling to move her rolling walker over a slightly elevated portion of the sidewalk. It was unusual for my mother to take notice of something that is and will continue to be a major part of my life – understanding what people with disabilities need and wanting to overcome barriers in the built environment. What was even more surreal about this event was the fact that my mother, who has yet to understand what I do for a living (I have finally given up explaining to her that I am not a physical therapist!), called me over to watch this determined woman use all of her strength and energy attempting to get her walker over the raised portion of her path. This structural challenge was made even more difficult because of the balance issues created by her crouch gait; which causes excessive flexion of the hips and knees as well as internal rotation of the hips.

Read the entire column at [http://www.ncpad.org/director/fact\\_sheet.php?sheet=613](http://www.ncpad.org/director/fact_sheet.php?sheet=613).

## **From the Information Specialist's Desk: Oh, Go Fly a Kite!**

No, I'm not being rude... get outside to celebrate National Kite Flying Month and National Garden Month! There should be plenty of time to catch some breeze and smell the roses if you're honoring National TV-Turnoff Week. Use NCPAD's Parks Database to locate an accessible park in your area for an outdoor activity for the whole family. If the unpredictable spring weather is still keeping you indoors, use the NCPAD Programs Database to find a program that suits your needs... then write in to tell us about it!

- NCPAD Parks Database
  - <http://www.ncpad.org/parks/index.php>
- NCPAD Programs Database
  - <http://www.ncpad.org/programs/>

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### **Monthly Observances:**

#### **National Autism Awareness Month**

Autism Society of America  
(800) 3-AUTISM (328-8476)  
(301) 657-0881  
[mcolston@autism-society.org](mailto:mcolston@autism-society.org)  
<http://www.autism-society.org>

NCPAD Resources on Autism:

- A Walking Program to Reduce Secondary Conditions in Adolescents with Autism (April 2008 Secondary Conditions Column)
  - [http://www.ncpad.org/yourwrites/fact\\_sheet.php?sheet=612](http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=612)

- Autism and Nutrition
  - [http://www.ncpad.org/nutrition/fact\\_sheet.php?sheet=105](http://www.ncpad.org/nutrition/fact_sheet.php?sheet=105)
- Autism and Considerations in Recreation and Physical Activity Settings
  - [http://www.ncpad.org/videos/fact\\_sheet.php?sheet=366](http://www.ncpad.org/videos/fact_sheet.php?sheet=366)

## **World Tai Chi & Qigong Day, April 26**

World Tai Chi & Qigong Day

(913) 648-2256

[billdouglas@worldtaichiday.org](mailto:billdouglas@worldtaichiday.org)

<http://www.worldtaichiday.org>

NCPAD Resources on Tai Chi:

- Tai Chi
  - [http://www.ncpad.org/lifetime/fact\\_sheet.php?sheet=42](http://www.ncpad.org/lifetime/fact_sheet.php?sheet=42)

## **National Garden Month**

<http://www.nationalgardenmonth.org>

NCPAD Resources on Gardening:

- Gardening
  - <http://www.ncpad.org/gardening/>
- Accessible Gardening
  - [http://www.ncpad.org/yourwrites/fact\\_sheet.php?sheet=244&view=all](http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=244&view=all)
- Home Enabling Garden Part I, II, and III
  - [http://www.ncpad.org/fun/fact\\_sheet.php?sheet=301](http://www.ncpad.org/fun/fact_sheet.php?sheet=301)
  - [http://www.ncpad.org/fun/fact\\_sheet.php?sheet=302](http://www.ncpad.org/fun/fact_sheet.php?sheet=302)
  - [http://www.ncpad.org/fun/fact\\_sheet.php?sheet=306](http://www.ncpad.org/fun/fact_sheet.php?sheet=306)

## **Secondary Conditions: A Walking Program to Reduce Secondary Conditions in Adolescents with Autism**

In recognition of National Autism Awareness Month, this column explores the benefits of exercise in preventing secondary conditions such as obesity in adolescents with autism. Youth with autism often lead sedentary lifestyles (Pitetti, Yarmer, & Fernhall, 2001) and are at risk for low fitness levels and potential health problems later in life. There is evidence that exercise can improve fitness in people with mild to moderate intellectual disabilities (Frey et al., 1999; Rimmer et al., 2004). Therefore, it is important to explore a variety of exercise programs and their effectiveness in improving fitness and health for these youth.

Many physical activity and recreation options exist for youth with autism (see NCPAD fact sheet: "Autism and Considerations in Recreation and Physical Activity Settings" at [http://www.ncpad.org/disability/fact\\_sheet.php?sheet=366](http://www.ncpad.org/disability/fact_sheet.php?sheet=366)) that include walking, jogging, biking, and swimming. Recent research by Pitetti, Rendoff, Grover, and Beets (2007) examined the efficacy of a treadmill walking program on exercise capacity and weight reduction for adolescents with severe autism.

To read the entire column, go to [http://www.ncpad.org/yourwrites/fact\\_sheet.php?sheet=612](http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=612).

## **F.I.T.T.: The Wonder Drug: Exercise is Medicine**

Does your medicine cabinet look like a pharmacy? How much do you spend on medical care? What if I told you that there is a wonder drug and it is available to everyone at no cost? Sounds too good to be true... but it's not!

Read this month's FITT column at [http://www.ncpad.org/fitt/fact\\_sheet.php?sheet=611](http://www.ncpad.org/fitt/fact_sheet.php?sheet=611) and learn how to *May Kit Happen!*

## **Community Voice: The Importance of Mentoring: An Interview with Jean Driscoll**

Jean Driscoll was born on November 18, 1966, and is originally from Milwaukee, Wisconsin. Jean was born with spina bifida and has used a wheelchair throughout her life to participate in a variety of sports and activities, including wheelchair soccer, ice hockey, football, softball, tennis, swimming, and square dancing.

The bulk of her activities began during her junior year in high school, when Jean met a young man who also used a wheelchair. It took him about 8 months to convince her to try wheelchair soccer, but when she finally did, and learned how competitive it was, she submerged herself into every wheelchair sport that Milwaukee offered, including basketball. Jean became widely recognized as a competitive player in basketball and was ultimately recruited to the University of Illinois at Urbana-Champaign to play wheelchair basketball. However, she also concentrated on track/road racing and after college this became Jean's focal point.

To read the full article, go to [http://www.ncpad.org/yourwrites/fact\\_sheet.php?sheet=610](http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=610).

## **Nutrition Spotlight: The Super Power of Antioxidants**

Few words evoke as much fear and anxiety as "cancer." While there have been many medical advances in cancer research over the past several years, cancer is something that many of us continue to fear. We find ourselves wondering what we can do to prevent it. Of course there is no guarantee that we can prevent certain types of cancer, but there is evidence that shows that a healthy lifestyle helps to protect us. With April being designated as 'Cancer Control Month,' it's a good time to think about what we can do to improve our own health.

The role of antioxidants is a particularly popular nutrition topic in the media these days; in particular, their role in cancer prevention, anti-aging, and heart health. But what are antioxidants and how do they really benefit us?

For the full column, go to: [http://www.ncpad.org/nutrition/fact\\_sheet.php?sheet=609](http://www.ncpad.org/nutrition/fact_sheet.php?sheet=609).

## **Video Corner: Safe and Fit**

**Kozacek, Cindy (2005)**

CK Fitness, Inc., Phoenix, AZ

Cindy Kozacek, is the owner of CK Fitness, Inc and has been a fitness professional for over 20 years. She is certified by the Kenneth Cooper Institute for Aerobics Research, American Council on Exercise (ACE), Aerobics and Fitness Association of America (AFAA), and American Senior Fitness Association (ASFA).

This workout is led by Cindy with 2 additional instructors each showing a different version of the exercises

to help include various ability levels. The DVD includes a warm-up for 9 minutes, a floor aerobics portion for 22 minutes, strength training (seated) for 14 minutes and stretching for the final 6 minutes. Also included is a "fitness tips" portion following the workout during which common exercise questions and concerns are addressed.

For more information or to order, go to <http://ckfitnessonline.com/> or contact 888-904-8448.

## **Book Review: 101 Accessible Vacations**

*101 Accessible Vacations: Vacation Ideas for Wheelers and Slow Walkers*

**Harrington, Candy (2007)**

**Demos Medical Publishing, New York, NY**

Need help finding a wheelchair-accessible vacation destination? *101 Accessible Vacations* is a guidebook dedicated exclusively to wheelchair-accessible destinations including national parks, tourist attractions, lodging and recreational activities around the world. It is organized so readers can search for a holiday based on their specific interests or travel styles. It includes sections ranging from "Road Trips" and "The Great Outdoors" to "Historic Haunts" and "Cruisin". Additionally, the "Active Holidays" section includes choices for people who like specific recreational activities such as skiing, sailing or scuba. The author goes into detail and describes the level of access of all attractions, lodging options and tourist sites, versus simply stating that something "is" or "is not" accessible. This book is a follow-up to Harrington's other accessible travel titles including *Barrier-Free Travel; A Nuts and Bolts Guide for Wheelers and Slow Walkers* and *There is Room at the Inn: Inns and B&Bs for Wheelers and Slow Walkers*.

*101 Accessible Vacations* is available at bookstores, through the publisher at 800-532-8663 or on-line at <http://www.101accessiblevacations.com/>.

## **Emerging Evidence in Health and Disability: Gait and Step Training to Reduce Falls in Parkinson's Disease**

Abstract written by Pandit Tejal

Protas, E., Mitchell, K., Williams, A., Qureshy, H., Caroline, K., Laib, E. (2005). Gait and step training to reduce falls in Parkinson's disease. *Neurorehabilitation*, (20); 183-190.

The purpose of this pilot study was to record the effects of gait and step training in 18 individuals with idiopathic Parkinson's disease (PD) who had reduced balance, and/or recent problems with falls. The subjects were randomly assigned to either the training or control group, with the training group receiving gait training (treadmill) and step training three times per week for eight weeks. Gait was assessed by gait speed (meters/second), cadence (steps/second) and stride length (centimeters). This task-specific gait and step training resulted in a reduction in falls and improvement in gait speed, cadence, stride length and dynamic balance in individuals with postural instability, gait difficulty, pre-dominant PD, and moderate disease symptoms. This study lends support for treadmill and step exercise in improving gait speed, dynamic balance, and reducing number of falls therefore significantly affecting daily functional performance and independence of people with PD.

To read the full abstract, go to [http://www.ncpad.org/research/fact\\_sheet.php?sheet=608](http://www.ncpad.org/research/fact_sheet.php?sheet=608).

## **NUDGE: Dancetown Fitness System**

DanceTown offers a new strategy to promote physical activity. It is a fitness system designed for older adults, but appeals to individuals of varying ages and abilities. Players dance to music on a square dance pad that is marked with directional arrows and connected to a personal computer and display device (i.e. television). Dancer's movements are guided by a system of scrolling arrows; players must step on corresponding arrows on the dance pad.

Dance pad games have the advantages of video games (interaction, rapid feedback, progress, rewards for persistence) but also create energy expenditure and can help build up endurance, strength, coordination, and balance. Since dance pad dancing requires attention, concentration, and visual spatial skills, it also has the potential to serve as a form of cognitive training.

With the DanceTown 2-Player System, two people can dance at the same time, at the same or differing ability levels. DanceTown also has a web-based system for recording a player's performance and tracking progress over time, and because it does not require a lot of space, you can have your own dance party in the comfort of your own home! DanceTown can be a great way to motivate inactive people of varying mental and physical abilities to get up and move.

To read the summarized web version of a whitepaper about the health benefits of the DanceTown system, go to <http://www.dancetown.us/benefits/benefits.asp>.

To watch online user videos, go to <http://www.youtube.com/user/DancetownFitness>.

For more information, go to <http://www.dancetown.us/products/products.asp> or contact Touchtown Inc. at Info@dancetown.us or 412-826-0460.

## **Events and Conferences**

*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>.*

### **Breast Cancer 3-Day Event, August 8-10, 2008, Chicago, Illinois**

Recruiting Team Members of ALL Physical Abilities! Attend the GET STARTED meeting and find out about this exciting opportunity.

Meeting: April 17, 2008

6:00 p.m.

1640 W. Roosevelt Road (Auditorium)

Chicago, Illinois

For more information about the 3-Day Breast Cancer Event, go to [www.The3Day.org](http://www.The3Day.org) or call 800.996.3DAY. For more information about participating with the All Abilities Team, call 312-355-1584 or email [rauworth@uic.edu](mailto:rauworth@uic.edu).

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### **Inclusive Fitness Conference: Exercise is for Everybody, Chicago, Illinois, October, 15-18, 2008**

*Deadline for Proposals: April 23, 2008*

The Inclusive Fitness Conference is accepting abstracts for presentations to take place for its conference in conjunction with Club Industry 2008, a premiere event for commercial fitness and nutrition. This is the first

conference ever for practitioners in fitness and wellness where one can learn about creating and executing a plan of action to make a facility accessible to all. Papers are invited on a wide a variety of topics including fitness techniques, exercise science, recreation, sports, assistive technology, programming, health promotion, evidence-based practice, wellness, and more. The hope is to educate owners and operators of commercial, private, and medical fitness and wellness centers, in addition to professional practitioners within those fields.

Please email all submissions to Marc Onigman at [marc@corporatefitnessshow.com](mailto:marc@corporatefitnessshow.com). Submissions should include: Speaker's Name, Job Title, Company, Street Address, City, State, Zip, Country, Phone, Fax, Email, Bio, Presentation Title, Abstract (A concise paragraph describing the session content), Objectives (3 examples of what the attendees will take away), Session Format (i.e. solo session, workshop, panel, roundtable), and Target Audience. If the submitter is different from the speaker, please provide your own details (name, company, phone, email)

For more information, contact Stacey Orlick, 203-358-3777, [Stacey.orlick@penton.com](mailto:Stacey.orlick@penton.com) or Cristina Cotto, 386-313-3810, [Cristina.cotto@penton.com](mailto:Cristina.cotto@penton.com).

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### **The President's Challenge, President's Council on Physical Fitness and Sports (PCPFS), Going On Now!**

As advocates for physical activity, we here at NCPAD play an important role in encouraging all Americans to move more. The President's Challenge began as a national youth fitness test, but has grown into a series of programs designed to help improve anyone's activity level.

Visit [www.presidentschallenge.org](http://www.presidentschallenge.org) to find materials, resources and programs that fit your needs and abilities and join in the Challenge to increase your activity levels, even tracking your progress online.

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### **Online Learning, Practices to Promote Inclusion for People with Autism across the Lifespan, April 21, 28 and May 5, 2008**

Learn about new research and information being documented on people who have severe communication impairments and autism. Explore ideas for addressing needs in comprehension, fluency, and vocabulary. Get answers to several commonly held, but often erroneous, assumptions about autism. This series will conclude with a session given by a parent and self-advocate.

For more information, go to <http://www.tash.org/CTE/teleconferences.html>

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### **Accessibility Training Course, National Center on Accessibility (NCA), Indiana University, Bloomington, Indiana, April 28 - May 1, 2008**

A Universal Approach to Interpretive Planning, Programs, and Design

For more information, go to <http://www.ncaonline.org/index.php?q=node/74> or contact NCA at 812-856-4422, 812-856-4421 (TTY), or [nca@indiana.edu](mailto:nca@indiana.edu).

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### **Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity 2008, April 28-30, 2008, Lake Geneva, Wisconsin**

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This symposium, sponsored by the University of Missouri, is geared toward students, practitioners, researchers, and educators from areas including community recreation, mental health, intellectual disability, physical rehabilitation, aging, outdoor recreation facilities, and colleges and universities.

For questions, please call the MU Conference Office at (573) 882-4038 or go to [http://muconf.missouri.edu/midwest\\_symposium/index.html](http://muconf.missouri.edu/midwest_symposium/index.html).

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### **2008 Believable Hope Conference, United Cerebral Palsy (UCP), June 18-21, 2008; Washington, DC**

*Deadline:* May 21, 2008

Members of the disability community, business and community leaders, healthcare professionals, and families will join forces with UCP to create Believable Hope for a life without limits for people with disabilities. Please visit the conference web page at <http://www.ucp.org/conference> for full details or call 800-872-5827.

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### **International Conference on Self-Determination, May 27-29, 2008, Detroit, Michigan**

The Center for Self Determination is presenting this conference featuring international perspectives on progressive notions of mental health recovery, family supports, community membership, ending forced impoverishment and system change requirements. This conference is dedicated to laying a foundation across disability and aging for moving publicly funded systems of support/care from the paternalism of the past to true equality in the future.

For more information, go to <http://www.communitydrive.org/Conference.html> or email [info.icisd@gmail.com](mailto:info.icisd@gmail.com).

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### **The New Professional: Leadership in Science, Practice, Policy and Advocacy, AAIDD 132nd Annual Meeting, May 28-30, 2008, Washington, DC**

This conference offers the latest research, crucial issues, best practices, and helps to meet today's challenges of leadership. The four plenary sessions include: "Are Genes Destiny?," "Living a Real Life," "The New Professional," and "It's a New World!"

For more information, go to <http://www.aaidd.org/Events/DC/info.shtml> or contact Maria Alfaro at [maria@aaidd.org](mailto:maria@aaidd.org).

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### **2008 Southwest Conference on Disability, October 1-3, 2008, Albuquerque, New Mexico**

*Deadline for proposals:* May 30, 2008

The main conference theme is Opening Opportunities and the two special emphasis themes are "Supporting Wounded Warriors - Meeting the Needs of Veterans with Disabilities" and "Support for At-Risk Families When Parents Have Cognitive Disabilities."

For more information about the conference and submitting a proposal, go to <http://cdd.unm.edu/swconf/index.asp> or call 505-272-6247.

## 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.*

### **Paralympic Military Coordinator, United States Olympic Committee (Job No: USP022908-K)**

This position will provide operational support for the development and implementation of Paralympic programs and services to facilitate the rehabilitation of severely injured service members and reintegration of those service members into their communities.

*Applications:* United States Olympic Committee, Human Resources, One Olympic Plaza, Colorado Springs, CO 80909-5760, Fax: 719-632-2884, [hrmailbox@usoc.org](mailto:hrmailbox@usoc.org)

*Inquiries:* [hrmailbox@usoc.org](mailto:hrmailbox@usoc.org) (Please refer to job code 7737)

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### **Project Director, Rehabilitation Engineering and Assistive Technology Society of North America (RESNA)**

*Closing date:* April 18, 2008

RESNA, an interdisciplinary association for the advancement of rehabilitation engineering and assistive technology is looking for an individual to fill a full-time position on a federally-funded grant (National Assistive Technology Technical Assistance Partnership - NATTAP).

*Website:* <http://www.resna.org/taproject/>

*Applications:* Nell Bailey, RESNA, 1700 N. Moore St., Ste 1540, Arlington, VA 22209-1903, [nbailey@resna.org](mailto:nbailey@resna.org)

*Inquiries:* Nell Bailey, [nbailey@resna.org](mailto:nbailey@resna.org)

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

- Chief Executive Officer
- Adaptive Climbing Instructor

This non-profit organization is offering the opportunity to touch the lives of individuals with disabilities and their families by providing affordable outdoor sports and recreational experiences in a nurturing environment.

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

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

*Inquiries:* Pete Taylor, 800-622-2085, x327

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### **Protocol Manager, Rehabilitation Medicine Department (RMD), Mark O. Hatfield Clinical Research Center, National Institutes of Health**

The RMD seeks a protocol manager with an educational background in public health, epidemiology, health sciences, health policy, medicine, sociology, or psychology reflected by an advanced degree (Master's or

higher).

*Website:* [http://jobboard.mentalhealthcareers.com/c/job.cfm?site\\_id=158&jb=4233022](http://jobboard.mentalhealthcareers.com/c/job.cfm?site_id=158&jb=4233022)

*Inquiries:* Beth Rasch, 301-594-3090, [rasche@cc.nih.gov](mailto:rasche@cc.nih.gov)

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### **Assistant Professor, Department of Human Kinetics, St. Francis Xavier University**

The department is seeking someone with a Ph.D. in Kinesiology or related field with a specialization/expertise in Adapted Physical Education/Adapted Physical Activity to fill this tenure track position to begin July 1, 2008.

*Website:* [http://ccupeka.ca/en/index.php?option=com\\_content&task=view&id=121&Itemid=7](http://ccupeka.ca/en/index.php?option=com_content&task=view&id=121&Itemid=7)

*Applications:* Professor M.C. Gallant, Department of Human Kinetics, St. Francis Xavier University, P.O. Box 5000, Antigonish, NS B2G 2W5, (fax) 902-867-3904, [pgallant@stfx.ca](mailto:pgallant@stfx.ca)

*Inquiries:* Professor M.C. Gallant, 902-867-2234, [pgallant@stfx.ca](mailto:pgallant@stfx.ca)

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### **Three Positions, Lakeshore Foundation, Birmingham, Alabama**

- Athletic Trainer
- Strength and Conditioning Specialist
- Internships

Lakeshore Foundation is a non-profit 501(c) 3 organization that promotes independence for persons with physically disabling conditions and opportunities to pursue active, healthy lifestyles.

*Website:* <http://www.lakeshore.org/index.php?src=jobs>

*Applications:* Debbie Smith, Human Resources, 4000 Ridgeway Drive, Birmingham, AL 35209, [DebbieS@lakeshore.org](mailto:DebbieS@lakeshore.org)

*Inquiries:* Same.

### **Grants**

#### **Duchenne and Becker Muscular Dystrophy Education and Outreach Initiative Grant, Centers for Disease Control and Prevention**

*Deadline:* May 13, 2008

The purpose of the program is to develop and implement a coordinated national education and outreach initiative for Duchenne and Becker Muscular Dystrophy (DBMD). Education activities involving DBMD will be developed for, and disseminated to target audiences, including healthcare providers, individuals who have DBMD and their families, and underserved populations.

For more information go to <http://www.grants.gov/search/search.do?&mode=VIEW&flag2006=true&oppId=17195>

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#### **Research to Aid Persons with Disabilities, National Science Foundation**

*Deadline:* September 15, 2008

The Research to Aid Persons with Disabilities (RAPD) program supports research that will lead to the development of new technologies, devices, or software for persons with disabilities. Research may be supported that is directed to the characterization, restoration, and/or substitution of human functional ability or cognition, or to the interaction of persons with disabilities and their environment. Areas of particular recent interest are disability-related research in neuroscience/neuroengineering and rehabilitation robotics.

For more information, go to <http://www.grants.gov/search/search.do?&mode=VIEW&flag2006=true&oppId=14823> .

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### **Elimination of Health Disparities through Translation Research (R18), Centers for Disease Control and Prevention**

*Deadline:* May 2, 2008

This funding opportunity encourages applicants to submit research grant applications that accelerate the translation of research findings into public health practice through implementation, dissemination, and diffusion research within health disparity populations and to contribute to achieving the health promotion and disease prevention objectives of "Healthy People 2010."

For more information go to <http://www.grants.gov/search/search.do?&mode=VIEW&flag2006=true&oppId=17023> or call 770-488-2700.

### **Participation in Research**

#### **Therapies for Stroke and Spinal Cord Injury Survivors, Veteran's Administration Brain Rehabilitation Research Center of Excellence, Florida**

This research study is being conducted in conjunction with the University of Florida and is seeking participants in Gainesville, Jacksonville, and surrounding areas that have suffered a stroke or spinal cord injury and are no longer receiving therapy. You must be at least 18 years of age, understand and read English, and have impairment due to stroke or spinal cord injury. The studies require active participation in a physical, occupational or speech therapy treatments for research purposes. There is no charge to take part in any of the studies.

To find out if you or someone you know may be eligible, please call 800-324-8387 or 352-376-1611, ext. 5223, or send an email to [Amber.Waters@va.gov](mailto:Amber.Waters@va.gov) . For more information about the Brain Rehabilitation Research Center please visit <http://www.va.gov/BRRC>.

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

This Department in the College of Applied Health Sciences is conducting a community-based intervention project for people that use a wheelchair, scooter, cane, or walker and who live or work within 3 miles of UIC. Participants will be asked to complete a series of phone surveys pertaining to transportation, healthy food, and recreation accessibility and how it can be improved. Compensation will be provided. Those who participate in the phone surveys may qualify to participate in the community-wide intervention.

For more information please contact Lisa Tussing-Humphreys in the Department of Kinesiology and

Nutrition at [ltussing@uic.edu](mailto:ltussing@uic.edu) or 312-413-4807.

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## **Rehabilitation Research and Training Center (RRTC) on Health & 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 wellbeing

*TIME:* 30 to 45 minutes

*WHERE:* Survey is mailed to you (after a brief screening phone call)

## **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> or by calling our toll-free number: 1-800-900-8086. Alternative formats are available.

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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](mailto:ncpad@uic.edu), or fax 1-312-355-4058 to provide personalized responses to your questions.

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