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NCPAD NEWS: December 2004 Holiday Edition

Volume 3, Issue 12

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Director's Column: Some Holiday Gifts to Burn Up Those Unwanted Calories

This is the time of year when many people will put on a few extra pounds. It's easy to skip the workout when it's too cold outside; the gym is too far away; or the days are too short. Many people feel better sleeping the extra half hour during the winter months rather than using it to burn off those unwanted holiday snacks. During these next three months when it's easier opening the refrigerator door than closing it, and when all those tempting cakes, cookies, and high-fat snacks are sitting around the office or on your kitchen table, think about giving someone a gift that will help them burn a few extra calories. Here are a few examples that you can find on the NCPAD Web site.

- [Videos](#)
- [Thera-Band Equipment](#)
- [Pedometers](#)
- [Arm Ergometer](#)
- [Adaptive Bikes](#)

- [Adapted Gloves](#)

Read the entire column at http://www.ncpad.org/director/fact_sheet.php?sheet=288

From the Information Specialist's Desk: Resources for a Healthy and Safe Holiday for People with Disabilities

This month's newsletter provides a few resources to help you experience a happy and healthy holiday season. Dr. Rimmer's stocking stuffer suggestions (i.e., wheelchair gloves, new Thera-Band products) can be used in conjunction with NCPAD resources (i.e., NCPAD minute video clips, <http://www.ncpad.org/videos/>) to create an exercise program for a friend, relative, patient, or client. The information below provides suggestions on finding safe toys for children with disabilities, and the nutrition corner includes tips for handling stress. Also, the book reviewed on pediatric nutrition in chronic conditions and developmental disorders can make an excellent health-promoting holiday gift.

Safe Toys for the Holidays:

Holiday toy shopping has begun! The following resources include information about toy safety, appropriateness, and accessibility for children, particularly those with disabilities.

Unintentional injury is the number one cause of death for children. The National Safe Kids Campaign promotes child safety and the prevention of unintentional injury. Toy safety tips and recalls for children's products for the last 3 months are posted to its Web site at <http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#1>.

Toys R Us has posted its toy catalog for Differently Abled Kids at <http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#2>

The Toy Industry Association at <http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#3> has many resources. Of particular interest is its Toy Safety Hotline. And, to help alleviate the apprehension of choosing toys for children with special needs, see the "Let's Play 2004: A Guide to Toys for Children with Special Needs," posted in pdf format at <http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#4>. This 32-page guide previews more than 100 toys which were tested by children with special needs. The guide, which emphasizes that each parent/caregiver knows his/her own child best, helps identify qualities to look for in toys that make them appropriate for children with a range of physical and cognitive disabilities. It also includes contact information for the Alliance for Technology (<http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#5>). A visit to that Web site (click on Accessible Toys in the ATA resources section on the left-hand side of the page) provides information about adapting toys for children with physical impairments.

Nutrition Corner: Reduce Holiday Stress with Proper Nutrition and Health Promotion

During this holiday season, it's easy to become overwhelmed with details including gift buying and wrapping, writing and mailing cards, baking, and responsibilities and deadlines. This stress can multiply for people with disabilities who encounter additional lifestyle barriers. Don't let anxiety ruin your holidays. Determine what makes you anxious and do something about it. What are your stressors? Gift buying budget problems? Lack of accessible transportation options to the shopping center? An overload of deadlines?

1. Examine your attitude. Is the problem small, medium, or large? What resources can you draw upon to solve the problem? Exercise always helps to reduce stress no matter how bad things get. Yoga is

especially helpful since it include breathing and relaxation techniques. When you're stressed, do a 5- to 10-minute routine to bring your body, mind, and spirit back into perspective. Holidays stresses are only a minor nuisance in the grander scheme of things.

2. Ward off stress with exercise and good nutrition. During the winter months, we have a tendency to crave fats and sweets, particularly with the abundance of holiday treats all around us, and this can contribute to feeling more run-down and stressed. Instead, make nutritious choices, such as eating healthier foods (e.g., an apple with some cinnamon or a touch of caramel instead of apple pie); cutting back on fat sources (e.g., butter cookies made with margarine instead of butter); and rationing the sweets you enjoy. Moreover, persons with disabilities should follow the nutritional guidelines most beneficial for their health conditions without denying themselves an occasional holiday treat. For example, there are even low fat eggnog and soy eggnog which are quite tasty!

Use NCPAD as your buddy to becoming fit and healthy! We challenge you to chart out a personalized "12 days of wellness" plan for the holiday period. Here are some suggestions:

- Develop a positive attitude. It's easy to be negative but reframing your thought processes to become more positive will make your life significantly better.
- Problem-solve with people around you. Ask them to help you alleviate stress.
- Obtain a physical: Your physician should be an integral partner in your wellness plan.
- Count calories: Recording your diet can help you monitor what you eat.
- Eat a balanced diet, and limit the amount of fat and sugar.
- Avoid drinking too many caffeinated beverages.
- Dance: Persons with disabilities can enjoy all forms of dance, by themselves or with someone else. Contact NCPAD for references.
- Start exercising: Each step or wheel counts! Call NCPAD or see <http://www.ncpad.org> for factsheets and programs in your area.
- Take a class in relaxation and stretching techniques, like Tai Chi or Pilates. See NCPAD factsheets for adapted techniques.
- Rest. Sleep for 7 to 8 hours each day.
- Keep good posture: Consult with a NCPAD information specialist on better posture from a wheelchair, with an amputation, etc.
- Get a massage: Make sure the massage therapist is trained in giving massages for your disability and age category.
- Round off a nutritious diet with a good multivitamin.
- Respect yourself and others and never forget that there is a reason for your existence. Finding that reason will be the key to your happiness.

Book Review: Pediatric Nutrition in Chronic Diseases and Developmental Disorders

Pediatric Nutrition in Chronic Diseases and Developmental Disorders: Prevention, Assessment, and Treatment, 2nd edition, by Shirley Ekvall, PhD, FAAMD, FACN, RD, and Valli Ekvall, PhD, RD, LD, presents the current status of research on nutrition in chronic diseases and developmental disorders of children for helping to translate this research into clinical practice.

It provides information on the nutritional implications of disease states, how nutrition can affect brain development, learning and behavior, and how to improve the health status of pediatric patients through nutritional measures. The second edition has been thoroughly updated and includes new chapters on sports nutrition, nutrition support, botanicals, genetics, and nutritional aspects of birth defects, and vegetarianism, as well as topics such as obesity/eating disorders, autism, and attention deficit-hyperactivity disorder.

Order from Oxford University Press at 800-451-7556 or 800-387-8020 in Canada.

Volunteers Needed for Children's Physical Activity Peer Mentoring Program: K.E.E.N

Kids Enjoy Exercise Now (K.E.E.N.) is a non-profit, volunteer organization that provides free, one-to-one recreational opportunities for children and young adults with mental and physical disabilities in a non-competitive environment which encourages the fulfillment of individual goals.

A Chicago program will begin January 23, 2005, on the 2nd and 4th Sundays of each month at New City YMCA at 1515 N. Halsted in Chicago. A Volunteer Kidkoff is scheduled for January 9, 2005. Both volunteers and children with disabilities are needed for the program. For more information, please e-mail info@keenchicago.org or call 312-876-2535.

Read more about this program at <http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#6>

Events

Summer Camp Fair for Children and Teens with Disabilities, New York, NY, January 29, 2005
<http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#7>

Ski for Light: A cross-country skiing program for blind, visually impaired, and mobility-impaired individuals and their guides, Granby, CO, January 30 - February 6, 2005
<http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#8>

Disabled Sports USA Ski Schedule:

See the Disabled Sports USA ski schedule for December and throughout the winter months at
<http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#9>

Conferences

Health Disparities: Progress, Challenges, Opportunities, Atlanta, GA, March 1-3, 2005
<http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#10>

34th annual Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity, Springfield, IL, April 22-24, 2005
<http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#11>

Employment

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. The Project Director will work directly with CDC officials, the AUCD network of centers and programs, sub-award grantees, and other partnering organizations that focus on BD/DD and special health care needs to carry out the activities of this cooperative agreement, as well as provide direction and support on a wide range of health and disability activities.

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, PhD, Executive Director, AUCD, 1010 Wayne Avenue, Suite 920, Silver Spring, MD 20910. E-mail: gjesien@aucd.org, URL: <http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#12>. For additional information, please contact Ethan Long, PhD, Project Director, AUCD, 1010 Wayne Avenue, Suite 920, Silver Spring, MD 20910. T: 301-588-8252, e-mail: elong@aucd.org.

District and Regional Managers of SilverSneakers Fitness Program

HealthCare Dimensions and the SilverSneakers Fitness Program seek District and Regional Managers in New York/New Jersey, Texas, Georgia, and Florida.

For more information, go to <http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#13>

Fellowships

Postdoctoral Fellowships in Gerontological Public Health

<http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#14>

Graduate Study

Master of Science in Disability and Human Development

The Master of Science in Disability and Human Development at the University of Illinois at Chicago is designed to prepare students for leadership positions in human services organizations, as well as to develop fundamental skills of research and scholarship in the disability field. The program articulates closely with the College of Applied Health Sciences' interdepartmental Ph.D. program in Disability Studies.

For more information, go to <http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#15>

Grants

Grants for Americans with Disabilities New Freedom Initiative

<http://www.ncpad.org/newsletter/newsletter.php?letter=32&ion=455#16>

December 2004 Links Page

1. **The National Safe Kids Campaign:** <http://www.safekids.org/>
2. **Toys R Us toy catalog for Differently Abled Kids:**
http://toysrus.richfx.com.edgesuite.net/catalog_toysrus/dag_a/dag_a.html

3. **Toy Industry Association:** <http://www.toy-tia.org>
4. **Toy Industry Association "Let's Play 2004: A Guide to Toys for Children with Special Needs":** http://www.toy-tia.org/Content/NavigationMenu/Library/Publications_Resources1/Lets_Play/LetsPlay2004.pdf
5. **Alliance for Technology:** <http://www.ataccess.org>
6. **Kids Enjoy Exercise Now (K.E.E.N.) Volunteer Program:** <http://www.keenusa.org>.
7. **Summer Camp Fair for Children and Teens with Disabilities**

Parents and caregivers of children and teens with disabilities can plan ahead for summer with the wealth of information offered at the 20th annual free Special Camp Fair on Saturday, January 29, 2005, from 11 a.m. to 3 p.m. at the Church of St. Paul the Apostle, 405 W. 59th Street, New York City (entrance to the Fair on Columbus Ave. near W. 60th St.). The Fair is produced by Resources for Children with Special Needs, Inc., T: 212-677-4650.

Representatives from 70 New York City day camps and sleepaway camps in the northeast will be on hand to help parents and professionals plan productive summer experiences for children with disabilities. The Fair will also feature information on travel programs, remedial education programs, volunteer and job opportunities, and early childhood programs. Spanish and sign language interpreters will be available.

Visitors to the Fair will receive a free copy of the "Camps 2005 Guide." The Camps 2005 Guide (publication date January 2005) is also available by sending a check for \$25 plus \$8 postage and handling to Resources for Children with Special Needs, Inc., Dept. PR1, 116 E. 16th St., 5th Floor, New York, NY 10003.

8. **Ski for Light**

Ski for Light is a cross-country skiing program benefiting blind, visually impaired, and mobility-impaired individuals and their guides. More than 325 active adults from across the U.S. and around the world will celebrate the 30th annual Ski for Light International Week event in Granby, CO, January 30 - February 6, 2005. Participants will stay at the Inn at Silver Creek and ski each day at Snow Mountain Ranch, the "YMCA of the Rockies."

Ski for Light is always seeking new skiers and guides. Visually-impaired individuals may contact Lynda Boose at 906-250-7836 or lynda@sfl.org. Mobility-impaired individuals may contact Jeff Pagels at 920-494-5572 or jeff@sfl.org. The application deadline for skiers is November 1. To be a guide, no experience with visually or mobility-impaired people is necessary. For those who are confident on skis, SFL holds an intensive one-day training session with seasoned skiers and guides. Contact Brenda Seeger at 507-274-5502 or brenda@sfl.org. Information and application forms are available at the Ski For Light Web site at <http://www.sfl.org>.

9. **Disabled Sports USA Ski Schedule:** <http://www.dsusa.org/schedule01.html>

10. **Health Disparities: Progress, Challenges, Opportunities**

The 19th National Conference on Chronic Disease Prevention and Control, Health Disparities: Progress, Challenges, Opportunities, will be held March 1-3, 2005, at the Atlanta Marriott Marquis Hotel in Atlanta, GA.

The Centers for Disease Control and Prevention's National Center for Chronic Disease Prevention and Health Promotion, in partnership with the Chronic Disease Directors and the Prevention Research Centers Program, sponsors an annual conference designed to create a dynamic forum for examining public health policies and practices, increase the knowledge of science-based interventions in chronic disease prevention and control, and provide enriched opportunities for information exchange and networking among diverse professionals.

For more information about the conference, go to the conference Web site at <http://www.cdc.gov/nccdphp/conference>

or call 770-488-5131.

Pre-registration ends on January 31, 2005, so register now at <http://www.register123.com/event/profile/form/index.cfm?PKformID=0x62397abcd> to receive the special early registration rate.

11. 34th annual Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity

The conference will be held April 22-24, 2005, in Springfield, Illinois at the Crown Plaza Hotel. For further information, call 573-882-4038, or e-mail: muconfl@missouri.edu, URL: http://muconf.missouri.edu/midwest_symposium/MWTR_brochure.pdf.

12. Project Director Position Opening at the Association of University Centers on Disability:
<http://www.aucd.org>

13. District and Regional Managers of SilverSneakers Fitness Program

HealthCare Dimensions and the SilverSneakers Fitness Program seek District and Regional Managers in New York/New Jersey, Texas, Georgia, and Florida.

District and Regional Managers are responsible for managing the activities of the assigned region; providing leadership, guidance, supervision, and career growth to the Account Managers; coordinating the efforts of corporate staff in conjunction with Account Managers to obtain the greatest benefit for all concerned; and continually improving the relationship with clients and partners.

Candidates are expected to have outstanding personnel management, customer service, project management and relationship building skills. They should love to travel, have strong organizational skills, and be self-motivated while working from the home office. Experience in any and all of the following is desired: field or territory management, regional personnel management, managed care, health promotion and fitness, health insurance, and a strong business background. Submit resume and salary history to jobs@hcdimensions.com.

14. Postdoctoral Fellowships in Gerontological Public Health

The School of Public Health at the University of Illinois at Chicago, through the Health Research and Policy Centers, is currently accepting applications for postdoctoral fellowships in Gerontological Public Health. This training program is sponsored by the National Institute on Aging and provides 2 to 3 years of funding support for postdoctoral trainees.

This is an integrated multidisciplinary program with academic faculty and researchers in public health, gerontology, geriatrics, epidemiology, biostatistics, psychology, sociology, disability and human development, medicine, and occupational therapy. The goal of the program is to develop

highly trained future faculty and researchers in health and aging. This program focuses on developing research skills through mentoring, a comprehensive curriculum, presentations and publications, and internal workshops and seminars. Fellows will be matched with a faculty mentor working in their area of interest for intensive training, collaboration, and scholarship.

Women and minority candidates are encouraged to apply. Candidates must be U.S. citizens or permanent legal residents. For more information, go to <http://www.uic.edu/depts/ovcr/hrpc/centers/rha.html> or contact Thomas R. Prohaska, Ph.D., Gerontological Public Health Training Program Director, Center for Research on Health and Aging (MC 275), 1747 W. Roosevelt Rd., Room 558, Chicago, IL 60608, e-mail: prohaska@uic.edu, T: 312-413-9830, F: 312-413-9835.

15. Master of Science in Disability and Human Development

The Master of Science in Disability and Human Development at the University of Illinois at Chicago is designed to prepare students for leadership positions in human services organizations, as well as to develop fundamental skills of research and scholarship in the disability field. The curriculum examines disability and human development across the life span with an emphasis on understanding the complex cultural, legal, programmatic, and theoretical context of disability in society. Study and research are available in two areas of specialization: disability studies and social policy and rehabilitation technology. The program articulates closely with the College of Applied Health Sciences' interdepartmental Ph.D. program in Disability Studies.

For additional information or for an application please call: 312-413-1647 or 312-413-0453 or visit the Web site at <http://www.ahs.uic.edu/dhd>.

16. New Freedom Initiative

The New Freedom Initiative, supported by President Bush, is a nationwide effort to remove barriers to community living for people of all ages with disabilities and long-term illnesses. It represents an important step in working to ensure that all Americans have the opportunity to learn and develop skills, engage in productive work, and choose where to live and participate in community life.

To inquire about the specific initiatives in your state, go to <http://www.cms.hhs.gov/newfreedom/default.asp>.

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> 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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