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NCPAD NEWS: September 2006

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From the Editors Desk: Fall Back to Healthy Habits

School has started, and fall is in the air. This month, NCPAD provides resources for children and their back-to-school needs, including a monograph on parental roles in facilitating a child with a disability's active lifestyle, information for the upcoming Walk to School Day and National Recess Week, as well as highlights of new resources, such as the "Where Do Children Play?" website. Our nutrition spotlight also features ideas for healthy breakfasts.

Additionally, our FITT column provides information on using the International Classification of

Functioning, Disability, and Health (ICF) in developing individualized exercise prescriptions for people with disabilities, and our Emerging Evidence in Health and Disability column highlights a wheelchair skills training program for manual wheelchair users.

Send your questions and comments to Jennifer Gray-Stanley, NCPAD News Editor, at jegray@uic.edu.

Directors Column: Physical Inactivity is Hazardous to Your Health

Despite the well-established physical and emotional benefits associated with regular participation in moderate physical activity, most Americans are not getting enough of this important and life-sustaining behavior to reduce their risk of various illnesses. And for the more than 50 million Americans with disabilities who are demonstrably at much greater risk for developing health problems associated with a sedentary lifestyle, they are getting even less physical activity because of the numerous barriers they face in becoming physically active.

Read the entire column at http://www.ncpad.org/director/fact_sheet.php?sheet=455.

From the Information Specialist's Desk: Back-to-School Resources

NCPAD NEWS & PRODUCTS

Flash Video Library: Visit NCPAD's new Flash video library and gallery at our home page (www.ncpad.org).

Tetraplegia Video Clip: Go to http://www.ncpad.org/videos/fact_sheet.php?sheet=421 to preview a video clip and obtain pricing information of the this second exercise video produced by NCPAD and the Rehabilitation Institute of Chicago (RIC), with funding for duplication and distribution provided by the Christopher and Dana Reeve Foundation. Aerobic, strengthening, and flexibility/cool-down segments are featured.

NCPAD's Online Request Page: Visit NCPAD's new online request page at www.ncpad.org/contact/ to request information on the topics of physical activity, fitness, recreation, and sports for people with various disabilities and chronic conditions.

MyNCPAD: Customize this new NCPAD resource for your needs at <http://www.ncpad.org/myncpad/>. Track daily movement, heart rate, and body mass index, and design a personalized exercise program.

NCPAD Forums: Click on <http://www.ncpad.org/phpBB/> to network, find equipment, locate community resources, and gather information about grants and articles, as well as best practices and exercise adherence suggestions.

NCPAD Products: Visit often for an array of new products at <http://www.ncpad.org/shop/>.

HEALTH OBSERVANCES

- Celebrate Healthy Aging Month. Obtain good ideas on physical, social, financial, and mental wellness at www.healthyaging.net. Access NCPAD factsheet on balance and flexibility exercises (http://www.ncpad.org/exercise/fact_sheet.php?sheet=144) and video clips on seated strengthening (http://www.ncpad.org/videos/fact_sheet.php?sheet=1) and seated stretching (http://www.ncpad.org/videos/fact_sheet.php?sheet=10).

- September is also America on the Move Month of Action. YMCAs throughout the U.S. are sponsoring special activities. Go to www.americaonthemove.org for details.
- International Walk to School Day will be celebrated October 4, 2006. Communities around the world are using Walk to School Day as an opportunity to promote physical activity, obesity prevention, and pedestrian safety and to strengthen connections among families, schools, and the broader community. Become involved by: 1) Asking local partners to promote or coordinate Walk to School events in their communities and to register their event on the Walk to School website at www.walktoschool.org; 2) Registering on the Walk to School website as a resource person for organizers conducting events in your state; and 3) Helping coordinate a Walk to School event. Go to <http://www.walktoschool.org/downloads/WTSDbooklet.pdf>, <http://www.walktoschool.org/>, www.walktoschool.org/register for more information.
- Celebrate National Recess Week, September 18-22, 2006. To call attention to the importance of daily recess for elementary school students, the Cartoon Network has declared the week of September 18-22 as National Recess Week. Held in partnership with leading child advocacy groups including National Association for Sport and Physical Education (NASPE), the National Parent Teacher Association, National Education Association, and Hands on Network, the event has a goal of encouraging schools to support and celebrate recess. Schools may register to participate at www.RescuingRecess.com. Each kit will contain a variety of activity ideas, games, and playground equipment such as red rubber balls, street chalk, whistles, and jump ropes, plus instructions on how to hold a recess rally.
- Eat your fruits and vegetables during Fruit and Vegetable Month (www.5ADay.gov)! See NCPAD features on this topic at http://www.ncpad.org/nutrition/fact_sheet.php?sheet=428 and http://www.ncpad.org/nutrition/fact_sheet.php?sheet=296. Also, observe National Food Safety Education Month to learn how to keep your food clean and hygienic (www.nraef.org/nfsem).
- September is National Cholesterol Education Month at <http://hp2010.nhlbihin.net/cholmonth/>, and September 24 is World Heart Day at www.worldhealthday.com. Take care of yourself and become educated! See the NCPAD factsheet on Congestive Heart Failure at http://www.ncpad.org/disability/fact_sheet.php?sheet=401&view=all#1.
- Cancer Awareness: September is Leukemia & Lymphoma Awareness Month (www.lls.org), Ovarian Cancer Awareness Month (www.ovarian.org), Prostate Cancer Awareness Month (www.pcacoalition.org), and Childhood Cancer Month (www.candlelighters.org/septchildhoodcancermonth.stm). NCPAD factsheets include cancer and exercise (http://www.ncpad.org/disability/fact_sheet.php?sheet=195) and breast cancer and exercise (http://www.ncpad.org/disability/fact_sheet.php?sheet=37&).
- National Pain Awareness Month information can be obtained at www.understandingpain.org, and see NCPAD resources at http://www.ncpad.org/disability/fact_sheet.php?sheet=325.

OTHER NEWS

New “Where Do the Children Play?” Website

This spring, in conjunction with “Where Do the Children Play?” (a public television documentary), Roundtable will launch a national initiative to help communities expand universal access to outdoor play and recreation. A Community Campaign and a National Dialogue Initiative will engage organizations, community groups, and concerned citizens throughout the country in an effort to address local barriers such as sprawl, violence, and lack of access in order to improve the healthy educational and emotional

development of children. For more information, go to www.childrenplay.org.

Canemasters

The goal of this organization is to build a powerful resource for the rapidly growing community of people who are interested in learning how to use the cane for self-defense and exercise. Go to www.canemasters.com to learn more.

Opportunity for Success Ride

On October 1, 2006, on the first day of National Disability Employment Awareness Month (NDEAM), Hire Disability Solutions will sponsor Jeff Klare as he embarks on a 300-mile bike ride from New York City to Washington, D.C., to promote the employment of individuals with disabilities. Learn more and become involved at <http://www.hireds.com/Login/DisplayBikeRide>.

ExerSCIzing Blog

ExerSCIzing provides daily online updates regarding one woman's tremendous efforts in maintaining a healthy lifestyle, integrating exercise, and managing secondary conditions as a person with SCI. ExerSCIzing author Pam Mackie lives with C6/7 tetraplegia and has been using a wheelchair for mobility since 1987. The blog has provided Ms. Mackie an outlet to share information regarding SCI secondary conditions, exercise, and general health topics through personal stories. To visit the blog, go to <http://rrtc-sci.livejournal.com/>.

O & P Extremity Games

The O&P Extremity Games by College Park is an extreme amateur sporting competition for individuals living with limb loss or limb difference. Organized to raise awareness of the ability of amputees to compete in extreme sports, the O&P Extremity Games allows participants to demonstrate skill, persistence, and passion while competing in various events for cash and other prizes. In this initial year, amputees could compete in rock climbing, wakeboarding, BMX biking, and skateboarding for a \$5,000 first-place cash prize. Go to <http://www.extremitygames.com/> to learn more.

New Online Resource for Rebuilding Accessible Communities

A new initiative is underway to promote accessibility in the rebuilding of communities destroyed by last year's hurricanes. Rebuilding Accessible Communities, a joint venture of the ADA Technical Assistance Centers and the Access Board, is focused on developing and distributing guidance on achieving accessibility in reconstruction projects. Under this program, a new website (<http://www.adata.org/rac/index.aspx>)

has been launched to disseminate information prepared and collected to date.

Disability Accessible Microtel Inn & Suites

Microtel Inn & Suites earns Emerging Horizons gem status for their continued effort to make all of its properties accessible. All Microtel properties are newly constructed and there are no access "surprises," such as those you will find in other retrofitted hotels. And, according to a recent press release, "In order to better serve travelers with disabilities, Microtel Inns & Suites, now provides 'Access Microtel' pamphlets, 'Accessible Fitness' bags, and Upper Body Ergometers." <http://www.microtelinn.com/ada/>

Focus on Secondary Condition Prevention: NCPAD Resources for Pain

Management

In honor of National Pain Awareness month, this month's column provides information on NCPAD's pain information resources for a variety of disabilities.

National pain resources organizations include the National Pain Foundation (<http://www.nationalpainfoundation.org/NationalPainAwareness/default.asp>) and the

American Chronic Pain Association (<http://www.theacpa.org/index.asp>).

NPCAD's pain information resources include:

- "Primer on Pain" (http://www.ncpad.org/disability/fact_sheet.php?sheet=325), which provides pain information for eight different disability groups.
- "Complex Regional Pain Syndrome: Beating the Unbeatable" (http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=208): a personal experience story about managing pain.

Read the entire column at http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=460.

F.I.T.T: Use of the ICF

F.I.T.T: Use of the International Classification of Functioning, Disability and Health (ICF) to Prepare Individualized Exercise Prescriptions for People with Disabilities

As an exercise physiologist and personal trainer, at times it can be frustrating when clients lose motivation or do not make progress. We often measure our own personal success by our client's adherence to the program and measurable physiological changes such as an increase in cardiovascular function or a decrease in BMI (body mass index). The use of the International Classification of Functioning, Disability, and Health (ICF) model to prepare individualized exercise prescriptions for people with disabilities can provide a platform that allows the fitness professional to think outside the box and consider all factors that will contribute to the success of the exercise program.

Read the entire column at http://www.ncpad.org/fitt/fact_sheet.php?sheet=459.

Rectech's National Users with Disabilities Group Exercising (NUDGE): Inclusive Fitness Equipment

The Inclusive Fitness Initiative (IFI) in England has been working in partnership with fitness equipment manufacturers for more than 5 years to ensure that the equipment available on its market is as inclusive as current technology and development will permit. The lack of availability of accessible fitness equipment is no longer acceptable for exclusive fitness facilities, as inclusive fitness equipment requires no additional investment nor space.

The IFI has created an accredited list of fitness equipment, the only list of its kind worldwide. In the U.K., this list is the definitive guide to the most inclusive fitness equipment available on the market.

For more information on the IFI and its equipment accreditation process, standards, and a listing of suppliers and equipment, go to <http://www.inclusivefitness.org/inclusive-fitness-initiative/inclusive-fitness-equipment/>.

NCPAD Video Corner: Wheelchair Basketball

Though wheelchair basketball is primarily played by people with disabilities, in some countries such as Canada, Australia, and England, athletes without disabilities are allowed to compete alongside other athletes or on mixed teams. The sport is governed in the U.S. by the National Wheelchair Basketball Association (NWBA) and internationally by the International Wheelchair Basketball Federation (IWBF).

View the video clip at http://www.ncpad.org/videos/fact_sheet.php?sheet=454.

Wheelchair Skills Training for Community-Based Manual Wheelchair Users

Emerging Evidence in Health and Disability: Wheelchair Skills Training for Community-Based Manual Wheelchair Users: A Randomized Controlled Trial

Best, K. L., Kirby, R. L., Smith, C., & MacLeod, D. (2005). Wheelchair skills training for community-based manual wheelchair users: A randomized controlled trial. *Arch Phys Med Rehabil*, 86, 2316-23.

The main purpose of this study was to test the hypothesis that wheelchair skills training of community-based wheelchair users is efficacious, safe, and practical.

A sample of 20 community-based manual wheelchair users (15 men, 5 women; age range, 21–77), half with musculoskeletal conditions and half with neurological conditions, were randomly placed in two groups: WSPT (Wheelchair Skills Training Program) group and control group. The experiment protocol consisted of 3 to 5 1-hour WSTP (Wheelchair Skills Training Program) for participants in the WSTP group with sessions scheduled at least 5 days apart. The investigators found a significant difference between the WSTP group's improvement in total WST score ($P=.005$). Such results indicate that wheelchair skills training of community-based manual wheelchair users is efficacious, safe, and practical.

The authors suggest that a greater focus on training would be useful for improving the safety and effectiveness of the participation in activities by community-based manual wheelchair users.

Read the entire article at http://www.ncpad.org/research/fact_sheet.php?sheet=458.

Nutrition Spotlight: Back to School on an Empty Stomach

As summer ends and school begins, now is a great time to reinforce healthy habits for the entire family, which can start with a simple meal. The first meal of the day, ideally consumed within the first hour of waking, is breakfast, *breaking the fast* that has occurred overnight.

Breakfast is an important meal for everyone and is the most commonly skipped meal for reasons such as insufficient time, the early hour, unhealthy options, and dieting. Research indicates that over the past 30 years, children and adolescents in the United States are consuming less breakfast. This lack of morning food fare may have a greater impact on our society beyond tired minds early in the day. There are several benefits to breakfast, including its contribution to cognitive performance by alleviating hunger, and the indication that it may have an impact on memory.

For the entire article and the recipe for “Easy Fruit Muffins,” go to

http://www.ncpad.org/nutrition/fact_sheet.php?sheet=456.

NCPAD New Document: Parental Roles in Facilitating and Supporting an Active Lifestyle for a Child with a Disability

As parents search for ways to help create an active lifestyle for their child with a physical disability, it is imperative to keep in mind that parental attitudes relative to a child's involvement in sport, as well as their overall potential, are key to the child's success.

The attitudes that parents have must not only be positive, supportive, and dynamic, but they must also be contagious in order to be absorbed by the child, his or her friends, peers, and the extended family. When everyone adopts a positive attitude, an environment is created and opportunities are taken, limits are removed, and potential is increased.

Read the entire piece at http://www.ncpad.org/wellness/fact_sheet.php?sheet=450.

Community Voice: Physical Activity, Mobility Equipment, and Access

Dot Nary

One day last spring, after lots of rain, the weather cleared briefly. My husband and I leashed the dog and took him for a long walk. An hour later we returned home, invigorated from exercise and sunshine, but finding a layer of mud on the front casters, wheels, and some upholstery of my wheelchair. While my husband could wipe his shoes in the grass and easily wipe the dog's feet off, it took some rags, a bucket of water, and about 30 minutes to scrub, rinse, and wipe my chair in the driveway.

Read the entire piece at http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=432.

What Have I Learned This Month: Do You Know What You Just Ate?

What I have learned this month is that most of us eat without thinking at some point or another during the day. It may be part of our routine, it could be that we are too tired or busy to notice the food or amount that we are consuming, or it may be that we think we know what we are eating or drinking, but we are not actually aware.

Read the entire piece at http://www.ncpad.org/nutrition/fact_sheet.php?sheet=457

NCPAD Book Corner: Adapted Physical Education National Standards

Adapted Physical Education National Standards, Second Edition

Adapted Physical Education National Standards, Second Edition, by Luke Kelly, Ph.D., is the physical educator's complete guide to understanding and providing top-quality adapted physical education. This revised and expanded edition includes new and enhanced features, such as an overview of the 15 national standards, specific performance indicators for each standard, and critical information that an educator needs in order to pass the Adapted Physical Education National Standards (APENS) exam and become a certified adapted physical educator.

The National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID). (2006). *Adapted physical education national standards* (2nd ed.). Paperback, 208 pp., ISBN

0-7360-4603-8, \$29.00 (\$39.95 CDN).

Events

Abilities Expo, Northern California, November 3-5, 2006

Abilities Expo provides information on independent and assisted living products for persons with disabilities.

For a list of upcoming expos, go to <http://www.abilitiesexpo.com>.

Conferences

National Health Promotion Conference, Atlanta, Georgia, September 12-14, 2006

The 2006 National Health Promotion Conference is the first joint conference presented by CDC's Coordinating Center for Health Promotion (CoCHP) and its constituent groups: the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), the National Center on Birth Defects and Developmental Disabilities (NCBDDD), and the Office of Genomics and Disease Prevention (OGDP). With a theme of "Innovations in Health Promotion: New Avenues for Collaboration," the conference will provide an unprecedented opportunity to create new partnerships and strengthen existing ones to move forward with a national health promotion and wellness agenda.

For more information, go to <http://www.cdc.gov/cochp/conference/index.htm>, or call 770-488-6509.

Current Concepts in Nutrition and Aging, Madison, WI, September 28, 2006

For those who serve the nutrition needs of older adults in a clinical or community setting, this one-day conference is an opportunity to hear University of Wisconsin faculty and other experts discuss important issues in the field. For more information, visit <http://www.uwex.edu/ces/flp/conference/>.

2006 Cooper Institute Conference Series, Dallas, TX, October 26-28, 2006

The 2006 Cooper Institute Conference Series, "Parks, Recreation, and Public Health: Collaborative Frameworks for Promoting Physical Activity," will focus on developing collaborative frameworks for researchers, practitioners, and educators in the fields of public health, parks, and recreation. For more information and to register, go to

<http://www.cooperinst.org/conf2006intro.asp>.

National Prevention Summit: Prevention, Preparedness, and Promotion, Washington, D.C., October 26-27, 2006

The 2006 National Prevention Summit will focus on disease prevention, health preparedness, and health promotion, featuring innovative programs that are making a difference in communities across the country. These programs are focused on healthy choices -- eating a nutritious diet, being physically active, and getting preventive screenings -- to help prevent major health threats and burdens such as obesity, diabetes, asthma, cancer, heart disease, and stroke. For more information, visit <http://www.healthierus.gov/STEPS/summit.html>.

23rd Annual Pacific Rim Conference on Disabilities, Honolulu, HI, March 12-13, 2007

Pacific Rim 2007 will continue the longstanding tradition of assembling researchers, professionals, paraprofessionals, persons with disabilities, family members, students, and others to present on a variety of topics that affect everyday lives. Pac Rim continues to promote cutting-edge opportunities to learn from one another, share resources and ideas that support the quality of life, community inclusion, and self-determination for all persons with disabilities and their families to help shape our world community. Registration is open: take advantage of early bird pricing now. For more information, go to <http://www.pacrim.hawaii.edu>, send e-mail to prinfo@hawaii.edu or call 808-956-7539.

Employment

The International Paralympic Committee Sports Manager Positions, Bonn, Germany

The International Paralympic Committee (IPC) is the international representative organization of sports for athletes with a disability, as it supervises and coordinates the Paralympic Games and other multi-disability competitions such as World and Regional Championships as well as supporting the recruitment and development of athletes and sporting opportunities around the world from grassroots to elite level.

Candidates for the two Sport Manager position openings (IPC Athletics Sport Manager, IPC Winter Sports Manager), should be fluent in English, have a university degree or equivalent in a related field, a minimum of 2 years' work experience directly with Olympic, Paralympic and/or other major international sport movements, and three (3) years in sports-related work.

Individuals with disabilities are encouraged to apply. To apply, send your CV and cover letter (including your compensation expectations) in English by October 13, 2006 to International Paralympic Committee (IPC), Human Resources, Adenauerallee 212-214, 53113 Bonn, Germany, Georg Schlachtenberger, georg.schlachtenberger@paralympic.org, T: +49-228-2097-200, F: +49-228-2097-209. http://www.paralympic.org/release/Main_Sections_Menu/IPC/Jobs/

Nutritionist Consultant Position, Westside Health Authority, Chicago, IL

Goals of the Healthy Lifestyles program include helping residents learn to make healthier food choices and increasing community awareness of health, nutrition, and fitness, while helping to build relationships among community members. Applicants must have current licensure in Illinois as a registered dietician.

Please forward cover letter and resume with references to Janine Lewis, Westside Health Authority, 5437 W. Division, Chicago, IL 60651 (jlewis6@gmail.com). Call 773-378-5034 x28 for more information.

Physical Activity and Public Health Scientist and Public Health Educator/Advisor/Analyst Positions, CDC's Physical Activity and Health Branch, Atlanta, GA

Candidates should have substantive experience designing, implementing, and evaluating population-based physical activity programs, and interventions and/or substantive experience conducting population-based physical activity intervention research.

Duties include developing and disseminating resources, supporting translational intervention research, and providing training, support, and technical assistance to state health agencies, CDC programs, and other governmental and non-governmental organizations.

Public Health Scientist: Qualifications: Ph.D. in Physical Activity and Public Health or related field and minimum 2 years' experience conducting population-based physical activity research.

Public Health Educator/Advisor/Analyst: Preferred qualifications: MPH in Physical Activity and Public

Public Health Educator/Advisor/Analyst: Required qualifications: M.Ed. in Physical Activity and Public Health and minimum 2 years' experience promoting physical activity at the state or national level. Acceptable qualifications: graduate degree in a related area with significant experience promoting physical activity at the population level.

Interested candidates should submit CV to: Jacqueline N. Epping, M.Ed.(Mailstop K46), Team Leader, Research Application Team Physical Activity and Health Branch Division of Nutrition and Physical Activity, NCCDPHP, CDC 4770 Buford Hwy., N.E., Atlanta, GA 30341-3717, 770-488-5763; jepping@cdc.gov.

Great Lakes Adaptive Sports Association Part-Time Program Professional and Program Assistance Positions, Lake Forest, IL

Part-Time Program Professional: Great Lakes Adaptive Sports Association seeks a qualified adult female to implement its Women's Sports Foundation Go Girl Go! Curriculum and sports activities for girls and teens who have a primary physical or visual impairment.

Program Assistance: Great Lakes Adaptive Sports Association seeks a part-time professional to teach and/or coach sports to youth and teens who have a primary physical impairment. Availability must include weekends and evenings at locations in the northern suburbs.

Please submit resume and inquiries to Cindy Housner, Executive Director, chousner@glasa.org, 847-283-0908, www.glasa.org.

Health Promotion Practice, Policy and Research Officer, Centre for Physical Activity and Health, School of Public Health, University of Sydney, Australia

This new position will involve: 1) work on the establishment, development, and direction of a national physical activity network in Australia (AusPANet) in conjunction with the Heart Foundation in Western Australia; and 2) work on an international physical activity promotion and policy work, especially in the Asia-Pacific region.

For more information, go to <http://www.usyd.edu.au/positions/>, position number USYD/C27/81557. If interested, contact Adeline Yaw at + 61 2 9036 3193, or adeliney@health.usyd.edu.au.

Grant Opportunities

National Gardening Association 24th Annual Youth Garden Grant Program, November 1, 2006

The National Gardening Association and Home Depot have announced the 24th annual Youth Garden Grant Program. Schools, youth groups, community centers, camps, clubs, treatment facilities, and intergenerational groups throughout the United States are eligible to apply. Applicants must plan to garden in 2007 with at least 15 children between ages 3 and 18.

Program information and application are available at <http://www.kidsgardening.com/grants.asp>

CVS/pharmacy Community Grants Program

CVS/pharmacy supports the communities it serves by providing non-profit organizations the opportunity to apply for a CVS/pharmacy Community Grant. The Community Grants program is currently accepting proposals for programs targeting children under the age of 18 with disabilities that address any of the following: health and rehabilitation services; public schools promoting a greater level of inclusion in student

activities and extracurricular programs; and creating opportunities or facilities that give greater access to physical movement and play.

To apply by the October 31, 2006 deadline, go to http://www.cvs.com/corpInfo/community/community_grants.html.

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.

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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