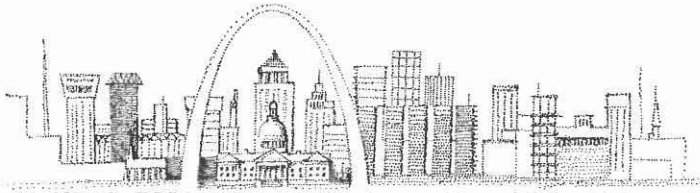




Rehabilitation Gazette/75

INTERNATIONAL JOURNAL AND INFORMATION SERVICE FOR THE DISABLED



Our book, HOUSING AND HOME SERVICES FOR THE DISABLED, ELDERLY, AND RETARDED, will be published by Harper & Row in late summer of 1976. This book is not about buildings. It is about people—people who happen to be physically disabled, blind, deaf, retarded, or elderly and who have problems with housing and home services. It is about their essential peopleness—their differences as well as their common needs: independence, integration, self-direction, acceptance, dignity, love, and a choice of life-style. It is about their individuality, adaptability, potential, and humanness. It is about the skills and special techniques of living that make a disability less disabling. It is about the world-wide awakening to the need for integrated housing, supportive home services, and an hospitable environment.

Information on a world-wide assortment of housing experiments should enable government agencies, voluntary organizations, groups of disabled persons, and individuals to find examples to serve as guideposts. The dehumanizing effect of institutional residence is emphasized as we promote the normalization and integration of the disabled into the community. Alternatives to institutionalization can substantially reduce the costs of care of the disabled. Descriptions of many projects throughout the world show that even the most severely disabled individuals can be self-supporting.

The disabled readers of the *Gazette* throughout the world have been superlatively helpful in gathering material for the book. In particular, the quads whom Donna McGwinn contacted for her two fascinating chapters—one on independent living experiences and the other on attendants—were especially generous in sharing their experiences and suggestions.

We had warm and generous assistance with information from disabled friends in Australia, Canada, Czechoslovakia, Denmark, England, France, India, Japan, New Zealand, Scotland, and Sweden. Disabled readers all over the United States helped with the details of the chapters on transitional projects, long-time residential facilities and apartment living arrangements in which they are or were involved—sharing details of the costs, problems, and successes. In addition, many creative individuals shared their ideas in the chapters on adaptations to existing housing.

We have been working on the manuscript for more than a year, which is why this 1975 issue is so late. But, alas, we gathered too much material. The skyrocketing costs of publishing means that large books sell for large prices. We retained all essential material, but long reports and surveys that would be of partial interest only to a few have been deleted. Instead, we give the address and other information so you can write for them. We plan to share some of the excised material in future issues of the *Gazette*. When the exact date of publication is known, Harper & Row will notify everyone on the *Gazette's* mailing list.

English readers have been sharing their sadness over the death of their Dr. H. B. C. Sandiford, who gave wholly of himself to enhance the lives of his disabled friends. For years he helped us by acting as the *Gazette's* representative in England. When his wife, Jo, visited us this summer she offered to continue. So, English readers, you may send payment for your *Gazette* either by cheque or Postal Order to: Mrs. J. D. Sandiford, 55A South Street, Havant, Hants. Tel. (07012 area code). Havant 75937.

Thank you to our friends who volunteered so much of their time, both with the book and this issue: Willie Bjorkman, our next door neighbor who is a full-time copy editor, shared her valuable proofreading expertise; Dorothy Davis regularly shared her typing skills; Nancy Cole typed a number of chapters of the book; and Frances Payne worked almost daily through the year filing, proofing, and organizing.

New Graphics Designer. After Ted Smith, instructor of graphics at Washington University, came to borrow photographs of wheelchair olympics, he offered to help with the design of this issue of the *Gazette*. He was very generous with his advice and assigned several of his students to help.

\$\$\$ Alas, the combination of higher prices for printing, paper, mailing envelopes, postage, and every other necessity has forced us to raise the suggested donation per copy to: \$3 for disabled and \$5 for non-disabled.

Rehabilitation Gazette

International Journal and Information for the Disabled

Volume XVIII

1975

Rehabilitation Gazette (formerly the "Toomey j Gazette") is published once a year by a volunteer staff. Its aim is to reach, to inform, and to dignify the disabled throughout the world.

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*Disabled

Cover: Art therapist Mickie McGraw, respiratory polio quad, has created an art studio in a hospital. See page 5.

Donation per annual copy:

\$3 from the disabled

\$5 from the nondisabled

Contributions are tax-deductible

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Gene Prichard has been a respiratory polio quad since age 12. Skillfully wielding a mouthstick, she pursues her careers as an artist, writer, teacher, and resident manager of Creative Living, a residential facility at 445 West 8th Avenue, Columbus, Ohio 43210.

A Compendium of Employment Experiences of 101 Quadriplegics

by Gini Laurie

The employment experiences of the severely disabled readers of the *Rehabilitation Gazette* are affirmation that individuals who are quadriplegic can be self-supporting with the right combination of motivation, personality, education, training, experience, equipment,

Gini Laurie, editor and founder of the Rehabilitation Gazette (formerly Toomey j Gazette), has been working as a volunteer with persons who are severely disabled since 1949.

financial support, information, and luck. These employment experiences underscore the widely varying individual differences of persons who are disabled and the importance of individualized and evolving solutions to employment problems.

These experiences also underscore the fact that many severely disabled individuals are kept from working, not by their disability or lack of motivation, but by the barriers imposed by our society: insufficient and undignifying financial assistance; inaccessible

schools, housing, transportation, and places of work; negative and inhibiting attitudes of employers and the public; and a shortage of perceptive counseling and readily available professional training in the maximum use of residual capabilities.

Ever since the *Gazette* was started in 1958 for respiratory polio quads at the Toomey Pavilion Respiratory Center, its readers have shared their employment experiences, problems, and successes. Though the quad-causing disabilities of the readers have changed over the years from polio to other diseases and injuries, the problems of quadness are the same: little or no use of arms and legs and a resultant dependency on the assistance of others for many of the basics of living.

As the numbers of traumatic quads have been multiplying because of automobile and sports accidents and modern medical management has been increasingly successful in keeping them and other quads alive, their vocational rehabilitation has presented problems to their counselors. Though the Rehabilitation Act of 1973 mandates priority to the rehabilitation of severely disabled individuals there are still too few examples of self-supporting quads in the files of the vocational rehabilitation offices.

For these files and for other quads as a subtle form of group therapy, we have selected a cross section of the hundreds of employment experiences that have been published in the 18 years of the *Gazette* and a sampling of other quad readers, and brought them all up to date as of the fall of 1975. We present them with pride, for many of these readers have been our good friends for more than twenty years.

Most of these self-supporting quads have expressed their willingness to help others with advice. It is suggested that questions to them be brief and to the point and be accompanied by a stamped, addressed envelope or postcard.

In many instances, there is additional and significant material in the original articles in the *Gazette*. References to these articles are indicated by the volume and page numbers.

Whatever the cause of quadness, the problems and solutions for all quads are similar. The following generalities may be drawn from the experiences recounted in this compendium:

REHABILITATION IS A GOOD INVESTMENT. According to the President's Committee on Employment of the Handicapped, "For every \$1000 spent on rehabilitation of a disabled individual by the State's vocational rehabilitation agency, the lifetime earnings of the rehabilitated person will be increased by \$35,000." A quad in Oregon, "I have been teaching school since 1958. Each year since then, I have paid back more to the government in taxes than the State Vocational Rehab paid for my college tuition." DVR spent about \$1400 to rehabilitate a quad in Minnesota; he now pays this amount each week in taxes on his income,

property, and personnel. A quad with the City Colleges of Chicago reports that "\$1000 invested in education and training a severely disabled person generates \$56,000 in 5-10 years."

MOTIVATION. The most important factor in achieving rehabilitation is motivation. A quad writes, "More people should know quads can think for themselves and they are basically the same person they were before the accident. . . . I can do almost anything I want when I want to do it." Another says, "It has taken me some time to learn, but I have found that most barriers are formed in the mind whether you're disabled or not. If you want to do something badly enough, you'll find a way to do it."

USE YOUR HEAD. A quad of 25 years writes of the lessons he has learned: "If you can't use your hands, use your head. Don't depend on others to do your thinking for you. Keep thinking, thinking, thinking, looking, and testing new ideas, new approaches—seeking new solutions until you find the right solution for every problem, no matter how mundane. Be interested in everyone and his activities. Help others when you can. Friendship is a two-way street. Don't expect others to help unless you provide the direction, enthusiasm, and appreciation."

BUILDING ON PAST EXPERIENCES. The ability to adapt after disability by building on past experiences and training is vitally important to rehabilitation, as the career changes of the following quads demonstrate: A symphony conductor and violinist became a composer. An internist studied allergies. An eye surgeon studied psychiatry. A truck driver acts as a truck dispatcher. A dentist sells magazine subscriptions to other dentists. A fire fighter is a fire department dispatcher. A Yugoslavian farmer had his house, barn, and farm turned into models for the region by the state rehabilitation agency and he was trained to teach and demonstrate new farming methods to his neighbors. An engineering student changed to law and also changed from day school to night school because there was more help available for transportation, more parking places, and a more interesting range of ages and experiences in both students and faculty. A quad writes, "If you were a flop as a salesman before your accident, you won't be any more effective now. Be realistic about jobs you can do."

RESOURCE CENTERS. Most of the respiratory polio quads of the fifties had the good fortune to be treated as individuals, to receive the assistance of teams of experts, and to share in the centers' group therapy. Ideally, their families and attendants were trained to care for them; their local doctors had a source of specialized information; their homes were adapted to their iron lungs and wheelchairs; they were trained in self-

care, in directing their care, and in the use of their equipment; their equipment was furnished; often financial aid was furnished for attendants; their careers were considered with them by medical social workers; and they had an umbilical cord to the center for ongoing treatment and problems.

A network of similar centers across the country would solve many of the problems of quads of the seventies—with the addition to the staff of individuals who are themselves disabled. In addition, every city, every county, and every state could utilize a resource center for the disabled, staffed by the disabled—along the lines of Berkeley's Center for Independent Living.

TRANSITIONAL HOUSING. The emphasis with the polio quads in the fifties was on returning them to their own homes. But lifestyles of all young people have changed since then and the young people who are spinal cord injured in the seventies should have the chance of conforming to the lifestyle of their non-disabled peers. They should have a choice to live in apartments with their peers. Every spinal cord injury center and every city of any size should have a few integrated, transitional apartments, with available attendant care, where newly discharged individuals can develop the expertise and skills necessary to live independently—along the lines of the Eastern Paralyzed Veterans Association's apartments within ordinary apartment buildings.

EQUIPMENT, TECHNIQUE, AND EXPERIENCE. A high level quad reports that she had spent 18 years in bed because she was unable to sit up. Finally, after she spent six weeks in a rehabilitation center, she was able to sit up with a brace and she was trained to transfer into her chair and to manage the cooking as well as work parttime as a sales and telephone clerk in a nearby shop. A respiratory polio quad, who was no longer using respiratory aid, became increasingly ineffective in her home-based work because of bouts with pneumonia. After her problem was diagnosed as under-ventilation, she resumed regular respiratory aid and her entire life was turned around. She returned to college, earned a degree, and is now teaching in a hospital, and managing a residential facility.

TRANSPORTATION. HOMEBOUND VS HOME-BASED. Many unemployed quads could be working if they had accessible transportation. Many of the quads who work at home could be working out in the community if transportation were available. Though working at home may be imprisoning for some, for others it is relaxing, offering an escape from winter and summer weather and a way of involving family members.

Home-based work should be a matter of choice. Lack of transportation should not force homebound work. A quad says, "I did phone work, mostly surveys, from my home for 19 years. Very nerve wrack-

ing and time consuming. Eye strain forced me to go on social security disability. My greatest problem, my whole life, has been the unavailability of usable transportation for I can't get in a car by myself."

Home-based work may be used as a transition toward work in the community. In the examples following, it is interesting to note that the first big purchase of home-based businessmen is a means of transportation—a van with a ramp or hydraulic lift or a car with hand controls.

REHABILITATION NEVER ENDS. These employment experiences related by quads emphasize their stages of growth and change—the normal pattern of evolution, of trial and error, of joys and sorrows, and of failures and successes. One quad spent ten years "amusing myself through reading and poker playing" before taking correspondence courses and becoming employed. Another returned to college after a dozen years and became a teacher. A quad interested in cars did part-time work in a variety of auto firms until he found full-time work in one of them. A quad who wanted to live and work in the same place to avoid winter forays volunteered in the office of a senior citizens' apartment building until a secretarial job and an apartment became available.

THE SQUEAKING WHEEL GETS THE GREASE. Seek help from your vocational rehabilitation office. Do advance preparation about what you can and want to do and make suggestions. Do not let anyone tell you there's nothing you can do. If a counselor persists in discouraging you, go around him to someone else. Contact his supervisor. Write to the Commissioner of the Rehabilitation Services Administration. Write to your state and federal representatives. Let everyone know you're around and you want help. Don't shut up. Don't give up.

Artists

Artists who had outstanding talent and extensive training before disability continue to paint after disability, whether they must now weave the brush between their fingers, use hand braces, or grip the brush with teeth or toes. Among such talented artists is Gundega Cenne, a C-6 quad of Ontario who works with a hand brace utilizing the wrist flexors to give grip and pinch. "Since my accident I am more able to concentrate on my painting. I believe that I have grown, aged a good deal, and my painting seems to reflect this. . . . I keep my wheelchair condition concealed, whenever I am not present or the public has only seen my photograph, for I wish to keep my work and my physical condition as two separate entities. I am a painter in my own right, and my physical condition has nothing to do with it." (Volume IX, pages 48-49.)

Another outstanding painter, Nell Blaine, was

ranked among the leading American painters both before and after she became a polio quad in 1959. "My left arm is almost normal; my strongest muscles are here except the tongue. As I cannot lift my right arm and was always right-handed, I slowly taught myself to paint in oils mainly with my left hand. It was very shaky at first, but long persistence gradually gave more control. I cannot, however, draw well with my left hand but I can use the right for smaller works on my lap. . . . In any case, painting is as satisfying as ever and some critics of my work like it better than before. . . . Although I work within my physical limitations I am always trying to push them further, as well as exploring new ways to use these limitations." (Volume XV, pages 19-20.)

On the other hand, there are some talented disabled artists who had had no experience with art before disability and who discovered their latent abilities in occupational therapy, through friends or hobby courses. For some, the Annual Disabled Artist Exhibit by Sister Kenny Institute is an outlet for their creativity and a means of marketing their works. For others, the International Association of Mouth and Foot Painting Artists headquartered in Lichtenstein provides training for student members and a regular monthly salary to participating members. (Volumes IX, pages 50-54; XV, pages 20-22; XIII, page 56.)

ART THERAPIST. DIRECTOR, HOSPITAL ART STUDIO. (Respiratory polio quad since 1953.) Mickie McGraw, Art Studio, Highland View Hospital, 3901 Ireland Drive, Cleveland, Ohio 44122. After completing the last two years of grade school and high school with tutors, Mickie attended the Cleveland Institute of Art. "I majored in graphic design and minored in printmaking, graduating with a Bachelor of Fine Arts degree." The idea of a studio in a hospital grew out of a conversation with Dr. George Streeter, Chief of Psychiatry at Highland View Hospital. "We felt there needed to be a place unrelated to therapy and unstructured in format with emphasis on the person and his painting or idea, not the patient and his hospitalization." The Studio is a non-profit organization, financially independent of the hospital. It has been enlarged a number of times to meet the growing numbers of patients who seek its relaxation and stimulation. It now has a staff of three and an educational program to train students interested in the use of art and rehabilitation. (Volumes IX, page 55; XII, pages 24-25.)

FREELANCE PHOTOGRAPHER. (Respiratory polio quad since 1953, at age 12.) Phil Roddey, R.R. 3, Bloomington, Illinois 61701. "Photography started as a hobby with me. Now I have my own studio built on the front of our house. With my mother's help, I do all my own enlarging and printing. I use mostly 35mm equipment because it is light and easy to handle. Since my wheel-

chair prevents my getting close to my subjects, I use telephoto lenses and a pair of CB radios to communicate with my models when photographing them at a distance. . . . My pictures have appeared on many different types of magazines (over 80 covers) and many individual glamour pictures have been used by various publications. I have found company house organs to be a very good market." (Volume X, page 77.)

Federal Government Jobs

The April 1975 issue of *Performance*, the free publication of the President's Committee on Employment of the Handicapped, Washington, D.C. 20210, summarizes the way to play the government job-training game:

Start with a counselor at the Vocational Rehabilitation office in your area. The rehabilitation counselor can put you in touch with a selective placement specialist of the U.S. Civil Service Commission.

Secure these two publications from one of the 75 job information centers around the country:

- 1) The Civil Service Commission's Pamphlet 4—*Working for the U.S.A.*
- 2) BRE 8 Flyer—*Employment of the Physically Handicapped in Federal Service.*

A person with a disability may make a choice—you can seek employment through the competitive merit system or you can seek selective placement because of your handicap. If you compete through the merit system, you must pass the Professional and Administrative Career Examination (PACE) or other exams for different jobs. A rehabilitation counselor can give some guidance in making this choice.

No matter what, a person who is applying for a job with the Federal government must do the following things:

Complete the Standard Form 171, *Application for Federal Employment.*

Contact the nearest office of the U.S. Civil Service Commission to determine what job registers are open and can be applied for.

File application and/or other necessary forms and records to permit the Commission to evaluate eligibility.

Contact Federal agency coordinators for selective placement to make them aware of your availability.

CIVIL SERVICE MATHEMATICIAN. (Polio quad since 1959, when a sophomore in college.) Ronald O. Pennsyle, 2402 Shelburne Place, Bel Air, Maryland 21014. "After missing three semesters, I returned to North Carolina State University to complete my degree in chemical engineering and a graduate degree, MAM, in applied mathematics.

"Since 1964, I have been a mathematician at the U.S. Army Edgewood Arsenal where my two fields of interest have enabled me to pursue a challenging career with little disadvantage attributable to my handicap.

My co-workers and I get along with the understanding that if I need help I can ask for it. Career advancement has not been noticeably affected by my handicap.

"Two neighbors who work in my building drive me to work every day in my Dodge wagon equipped with a camper roof for extra headroom and an electric lift mounted in the side door step well. When they are not going in, my mother takes me. She also takes care of me in our home, which we built three years ago.

"I highly recommend to other disabled professionals that they consider the government as a prospective employer. The group life and health insurance plans have been a great source of security to us."

SOCIAL SECURITY CLAIMS REPRESENTATIVE. (C5-6 quad since 1963.) Speed Davis, 4501 Maryland Avenue, St. Louis, Missouri 63108. "Two years of inpatient therapy and one year of outpatient therapy put me back on my seat (feet) and I embarked upon my collegiate career only 3 years later than planned, with the addition of a part-time attendant. After 4 years of study I became a public servant, taking a job as an employment interviewer with a state employment agency, then went big-time, becoming a claims representative for the Social Security Administration. Along the way I overcame the need for an attendant and have lived independently for the last 4 years. That means I do my own shopping, cooking, laundry, and housework. Anybody got an attendant they're not using?" (Volume XVI, pages 35-37.)

Health Careers

The third edition of an encyclopedic guidebook to careers in the health field, *Health Careers Guidebook*, is available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 for \$2.25. Order by Stock Number 2900-0158. The guidebook includes sources of financial aid, detailed descriptions of a wide range of health occupations, and extensive lists of organizations which will supply additional information.

PATIENT SERVICES COORDINATOR (9/69-8/74), **REHABILITATION COORDINATOR** (8/74-present). (C5 quad since 1963.) Dick Maxwell, Dodd Hall, 472 West 8th Avenue, Columbus, Ohio 43210. After his college football accident, Maxwell, an ex-Marine, lived at Dodd Hall for five years until he graduated. When The Ohio State University Hospitals initiated a coordinating program he assumed that position in Dodd Hall. "My main function is to coordinate with the nursing staff those non-nursing functions such as administration, purchasing, housekeeping, maintenance, etc. and act as a liaison between nursing service and other departments." (Volume X, pages 46-47, XIII, pages 32-33.)

"Presently I am the rehabilitation coordinator for the Rehabilitation Nursing Workshop, a joint project be-

tween the Ohio Department of Health and The Ohio State University Hospitals, which sponsors eight two-week workshops a year for RN's throughout Ohio." Maxwell now lives at Creative Living, an innovative assisted living environment for quads which he helped to found.

DIRECTOR OF VOLUNTEERS, RECEPTIONIST, HOSPITAL. (Respiratory polio quad since 1952.) Nita Weil, Texas Institute for Rehabilitation and Research, 1333 Moursund Avenue, Houston, Texas 77025. Nita and her attendant live in an apartment near the hospital. At work, she uses a pneumobelt and a powered wheelchair. "My work is so much fun, it's hardly fair to call it work. It took me years to think of it as work." (Volume X, page 63.)

SPEECH PATHOLOGIST, SUPERVISOR. (Quad because of a variation of Werdnig-Hoffman's disease since birth.) Jean Uelmen, 1569 West 205th Street, Torrance, California 90501. "I am a speech pathologist, supervisor, fulltime at an educational therapy center and I also have a private practice in my home. My VW van gets me to work without leaving my chair. My attendant drives. She works six days per week and another attendant fills in the seventh day. She also has free time while I work. (I regulate liquid intake so that I do not need bathroom help while at work.) I am buying my home which is equipped with a ramp and lifts in the bedroom and bathroom."

CYTOTECHNOLOGIST. (Quad since 1951.) James A. McGowan, 251 West DeKalb Pike, Apartment B-808, King of Prussia, Pennsylvania 19406. "Cytotechnology is truly ideal for someone in a wheelchair. It is expanding more rapidly all over the world than any other area of the medical laboratory and it pays well. Briefly, a cytotechnologist is one who studies cells. It involves sitting and looking through a microscope all day long. I have fairly good use of my arms so I can prepare the specimens. A high level quad could do it if someone else prepared the specimens. Physically, it involves picking up a glass slide, putting it on the stage of a microscope, and turning the knob. Such special training is required for this profession that there is always a shortage. For information, contact: American Society of Clinical Pathologists, 2100 West Harrison Street, Chicago, Illinois 60612."

CLERK, HOSPITAL LABORATORY. (Respiratory polio quad since 1948.) Mary Jane Faulk, 603 South Throckmorton, Sherman, Texas 75090. "I have been working five to six hours a day at a nearby hospital for 12 years. I log the daily charges of the lab. For the last six years I have been using a pneumobelt while I sit and I don't know how I did without it. I have a reclining motorized wheelchair that DVR bought for me to help with my work."

SPEECH THERAPIST. (Polio quad since 1953, while a senior in high school.) Carol Vaccariello, 723 Trotter Lane, Berea, Ohio 44017. After graduating from Baldwin-Wallace College with a major in speech therapy, Carol earned her master's degree from Ohio University. (Volume VIII, page 16.) After marrying, she stopped working toward her Ph.D. In addition to her private practice, she now teaches speech therapy two days a week and supervises the speech clinic one day a week at Baldwin-Wallace.

RADIOLOGIST. (Respiratory polio since 1955, when in the second year of the University of Pennsylvania Medical School.) Lewis W. Gummerman, MD, Presbyterian-University Hospital, 230 Lothrop Street, Pittsburgh, Pennsylvania 15213. "I would like to make the observation that I probably tried to do too much at one time when I got back to medical school. I think the Dean's Office and the faculty would have been accepting of a lower participation from me and some stretching of the curriculum. . . . I would like to emphasize the importance of physical exercise (I swim two to three times a week) and of not slighting your health needs at work (I use a positive pressure breathing device intermittently during the day both at work and at home)."

Knowledge and Information Industry

The world is changing from an industrial society in which most people worked with their hands to a service society. The information industry is now estimated as being responsible for one-third of the Gross National Product and growing twice as fast as the rest of the economy. The information area offers great possibilities for the severely disabled for many of the jobs fall into categories which do not require physical strength.

A quadriplegic, Thomas R. Shworles, was among the pioneers in demonstrating the possibilities of combining new training programs with the opportunities of information handling jobs. While at George Washington University he created a project to show that severely disabled homebound persons could work as remote computer programmers, and microfilm and data entry operators (Volume XIV, pages 46-50.)

Shworles has recently returned to his native Chicago where he is now director of the Center for Program Development and the Handicapped of the City Colleges of Chicago (185 North Wabash, Chicago, Illinois 60601). The Community Colleges of Chicago and the Illinois Division of Vocational Rehabilitation are embarking on a program for training severely disabled homebound persons on a state-wide basis for jobs in the emerging information industry.

According to Shworles, "Severely disabled persons can have access to meaningful education-training and subsequently to the competitive job market if the following phenomena are creatively interdigitated by a

cooperative industry-rehabilitation-education program: the open learning movement, advances in information and telecommunications technology, federal and state legislation, the growth of the consumer movement, changing work patterns, and concern for the handicapped student nationwide within the community college system. . . . New work tools can be adequately adapted to the functional behavior of the severely disabled person. . . . \$1000 invested in education and training a severely disabled person generates \$56,000 in 5-10 years."

Shworles has compiled a significant annotated bibliography of 80 articles, *New Elements in Education-Training Programs for Severely Disabled Persons: Information Technology, Open-Learning, and the Community College*. It is available for \$2 from the National Paraplegia Foundation, 333 North Michigan Avenue, Chicago, Illinois 60601. The introductory abstract includes a plea that consumers have more input into programs which affect their destiny. "It is recommended that no longer should there be total reliance on professionals to represent the best interest of severely disabled persons."

COMMUNICATIONS SPECIALIST/ASSOCIATE PROGRAMMER (Home-based.) (C4-5 quad since a swimming accident in 1960, while in high school.) Ron Perry, RD 1, Glen Avenue, Fishkill, New York 12524. "After numerous correspondence courses and classroom attendance via speaker-phone, I graduated from Dutchess Community College and received an Associate Degree in Applied Sciences with High Honors. . . . In 1965 the Education Research Department of IBM Corp. directed me in an 'experiment in learning' through the use of the IBM 1050 remote terminal. (Volume IX, pages 21-23.)

"As of October '73, I am a fulltime, regular employee of IBM. I now work a 40-hour week and make a very respectable salary. The work is at home, as before, but I now have all of the benefits and security of a regular employee. I am a Communications Specialist and handle a nation-wide telephone 'help-line' for student learning aid problems. Besides this, I am doing course development and maintenance and working with other computer language—Assembler, APL, Course-writer, PL/I, Cobol, DL/I, etc.

"This status, after 8 years, is just the greatest. I am the first homebound, physically disabled person IBM ever hired fulltime. IBM is in the process of training/placing more people to work at home. I hope other companies will also soon see the light."

SENIOR COMPUTER ANALYST. (C4-5 quad since 1960.) Elmer Bartels was injured while playing hockey during his senior year at Colby College in Maine. After a year of medical care and rehabilitation, he married, returned to Colby College, finished his senior year, and graduated in June of 1962 having majored in physics.

Elmer then obtained his Master of Science degree in 1964 from Tufts University, Medford, Massachusetts. His MS degree was in physics and while doing his thesis he became familiar with programming computers. After obtaining his MS, Elmer began working at the Massachusetts Institute of Technology developing computer systems to solve nuclear physics modeling problems. He remained at MIT until 1968 when he joined Honeywell, a computer mainframe manufacturer. Since joining Honeywell, Elmer has progressed from being a computer analyst to a project leader, and since 1973 has been a department manager in computer software development, supervising from 20 to 30 computer professionals.

Elmer, his wife Mary, and two children live at 12 Elm Brook Circle, Bedford, Massachusetts 01730, where they have resided for 10 years. Since starting work, Elmer has utilized a motorized E&J wheelchair and finds some of the new computer technology such as computer terminals to be very convenient to being productive as a quad on the job. Now, in his role as a manager, his disability is less of a problem though he does utilize a typewriter and dictating machine to be productive in producing written material. For mobility in getting to and from work, he uses a VW bus with ramps with his wife or a fellow worker driving.

In the 1966 issue (Volume IX, page 20), Elmer made the following observations about the programming field for the disabled: "As far as using an IBM 1050 in the home is concerned, I would like to add that in the programming field the association with others doing the same type of work is a valuable asset and home employment should be tried only when all else fails.

"The programming field is a wide open one for the able as well as the disabled and offers a rewarding career from the personal satisfaction standpoint as well as the financial aspect, but just as all blind persons should not be telephone operators, all disabled should not be programmers for it takes a certain ability to take a program and analyze it and convert it into a working program." (Volume IX, page 20.)

SYSTEMS PROGRAMMER. (C6 quad since 1965.) Kenneth H. Morgan, 1305 Claire Street, Opelika, Alabama 36801. "Disabled as a junior in high school, I obtained my BS and MS degrees from Auburn U. I am presently employed as a systems programmer at the Auburn University Computer Center. I have adapted hand controls for my van, which is equipped with a lift."

COMPUTER PROGRAMMER. (Quad since age 15.) Lowell D. Fair, Jr., 2103 Clairemont, Cocoa, Florida 32922. After completing high school, he sold household products and became involved in his hobbies, which included ham radio, electronics, and tracking missiles at nearby Cape Kennedy with wheelchair-mounted binoculars. He completed adult education classes in electronics, commercial art, and English. Through an

article in the *Gazette* he became interested in programming. Tests given by the Florida Division of Vocational Rehabilitation showed an aptitude for computer work and Cape Kennedy College offered him a tuition-paid scholarship. Then, nearly 15 years after his accident, rehabilitation really began. After graduation, he went to work as a computer programmer in the Systems Analysis Branch of the Data Systems Division at the Central Instrumentation Facility. (Volume XIV, page 43.)

LIBRARIAN, REHABILITATION CENTER. (C5-6 quad since 1963.) Jack Prial, Librarian, Maryland Rehabilitation Center, 2100 Argonne Drive, Baltimore, Maryland 21218. While he was editor of the daily newspaper at the University of Maryland, he broke his neck in an auto accident. For many years he lived in a custodial hospital. Since February, 1973, he has been working as assistant public information officer at the Maryland Rehabilitation Center. He recently was hired by the Center as a librarian and he has solved his housing arrangements by living with a foster family. (Volume XVII, page 25.)

TV AND RADIO SURVEYS. (Polio quad.) Mary Ellen Lillis, 1242 Rutledge Street, Cincinnati, Ohio 45205. "I started working for Trendex (285 Riverside Avenue, Westport, Connecticut 06880) after answering an ad in our local paper. I did some TV and radio surveys, but most of the work had to do with various products. They're still going strong and up to \$2.25 an hour. But I now work for Arbitron (4320 Ammendale Road, Beltsville, Maryland 20705). I do radio and TV surveys. We work a regular schedule each year asking people to keep a radio or TV diary for one week. It takes a good phone manner and a high degree of reliability. Pay is 30¢ for each 'agree' and 15¢ for each 'call back.'"

SYSTEMS ANALYST, HOSPITAL. (Respiratory polio quad since 1951.) Donald Rossi, 5226 Holly, Bellaire, Texas 77401. (Volume XII, page 30.) In 1975, Rossi writes, "Since my graduation in 1966 with a BA degree, I have been employed as a systems analyst at Texas Institute for Rehabilitation and Research. At present I am on leave of absence in order to obtain a MS degree in biometry."

COMPUTER PROGRAMMER. PART-TIME REAL ESTATE BROKER. (C-5 quad since 1965.) Lee A. Barnes, 3707 Gardenia Avenue, Long Beach, California 90807. The 1969 issue (Volume XII, pages 10-11) described his completion of high school and attendance at colleges. As of October 1975, he writes, "I have had an active Real Estate Broker's License since May, 1974. I work very parttime for another broker's firm. With a 'salesman's temperament' a career in real estate could work out very well, with proper assistance. . . . I'm now working 20 hours per week as a computer programmer

(statistical Fortran programs—so far) in the Kinesiology Lab at Rancho Los Amigos Hospital. I am also taking more computer programming classes at California State University. I feel there are lots of opportunities for handicapped persons in computer programming and computer science."

Law and the Ministry

ATTORNEY. (Respiratory polio quad since 1955.) Paul R. Hibbard, 810 Palmetto Street, Spartanburg, South Carolina 29301. Following graduation from the University of South Carolina Law School, he was employed for two years as assistant to the Attorney General at the State Capitol in Columbia. In 1969 he joined the law firm of Johnson, Smith, Hibbard, and Cotran where he is daily engaged in the practice of law. In 1972 he married the former Patricia O'Melia, a music major and piano teacher who is church organist and choir director.

ATTORNEY. (Traumatic quad since high school years.) Jeffrey H. Friedman, 516 Northern Ohio Bank Building, 1370 Ontario Street, Cleveland, Ohio 44113. Since graduating from Case Western Reserve University School of Law in 1971, he has been engaged in the general practice of law, specializing in civil rights. He won a significant class action suit which forced the installation of ramps in existing government buildings. (Volume XVII, page 16.)

MINISTER. (C-5 quad since 1958.) Reverend Larry L. Abbott, Campus Bible Fellowship, 313 NW Abilene, Ankeny, Iowa 50021. "I write and type by mouthstick. . . . I completed the five year ministerial course here at Faith Baptist Bible College in 1971. (The campus is entirely level with no stairs.) For the past few years I have been very active in the Campus Ministry at several different colleges here in Central Iowa. Most of my time is spent in the preparation of practical literature, group Bible studies, discussion, and organization—plus a lot of personal counseling. My wife and I are interested in the value of meditation for the disabled. I have found meditation on the Word of God to be of great value in my life and in the lives of many others from the viewpoint of 'Biblical' (not 'Sunday type') Christianity."

DEPUTY PROBATION OFFICER. (Quad because of amyotonia congenita—Oppenheim's disease.) Bill Jacks, Jr., Box 46, 184 Leonard Avenue, Quincy, California 95971. Tutored through high school, he attended Yuba College and the University of California at Davis and at Berkeley, with the assistance of the State Department of Rehabilitation. He received his bachelor's degree at Berkeley and took postgraduate work at San Francisco State University. He was selected for the California Handicapped Rehabilitant of the Year in 1975 from among 15,537 handicapped Californians. "In 1972, I

started to work as an on-the-job trainee in the Plumas County Probation Department. Since that time and after some struggle I was hired permanently as a Deputy Probation Officer. I have been promoted and now handle a caseload of about 50 persons on probation. Using an electric wheelchair, I perform interviews in the office and in the field. . . . I own a mail order crossword puzzle business that I operate in my home. . . . In 1973, I married Mary Simms of Oakland. While this probably shouldn't be considered an accomplishment, it has been a turning point in my life and a cause of much happiness."

ATTORNEY. (Polio quad since 1948, when age 16.) John W. Leibold, 3006 North High Street, Columbus, Ohio 43202. "I have served 3½ years as Ohio assistant attorney general and 9 years as counsel, Ohio Department of Education. I have been engaged in private practice since 1969, including trial work. I use electric wheelchairs, van transportation, and employ students for drivers and court room assistants. I frequently carry my own folding table to the court room to use when the court tables are impossible to approach. I use mouthsticks in my court room work. My lawyer wife no longer practices but assists in numerous ways."

Merchants/Manufacturers

Disabled persons have the opportunity to apply for loans of up to \$350,000 under the Handicapped Assistance Loan Program of the Small Business Administration. The loans are designed to help disabled individuals to go into businesses for themselves. The applicant's experience, competency, and ability must be demonstrated, and the loan must be repaid from earnings out of the business. Information is available from the President's Committee on Employment of the Handicapped, Washington, D.C. 20210, the Small Business Administration, Washington, D.C. 20416, or the vocational rehabilitation offices of each state.

GUNSMITH SHOP OWNER. (C5-6 quad since 1957; service-connected.) John S. Barta, Route 1, Box 129-A, Cato, Wisconsin 54206. "After graduating from the Colorado School of Trades, I opened my own gunsmith shop. I have a gun safety instructor's permit to teach and I am active in a sportsmen's club and in conservation. I have adapted garden tractor controls and camping and dark room equipment. My wife and I live in a specially built house."

JEWELRY FIRM OWNER, STATE REPRESENTATIVE. (Service-connected polio quad since 1954.) Art Aiello, 1309 Camino Real, Roswell, New Mexico 88201. "For more than twenty years I have operated my own jewelry firm, The House of Art, specializing in Indian jewelry. The firm operates in 25 states, and employs 25 salesmen and 20 employees. In 1975 I was elected as State Representative."

AUTO AND TRUCK SALVAGE. (C5-6 quad.) George Smith, 504 South 15th Street, Fort Pierce, Florida 33450. "I have been involved with cars most of my life. After my racing accident my wife and I started buying cars for scrap and selling the parts. I did all the pricing and buying and Mary and an assistant did the leg work. As the business expanded we advanced from buying cars for scrap to buying late model wrecks for parts from insurance companies. We built a completely accessible house with an intercom to my office and a large picture window so I could watch all the comings and goings and talk to customers on the intercom. When I retired in 1973 and sold the business in Illinois to move to Florida, we had more than 15 acres covered with 1500 cars, trucks, and buses, ranging from 1925 to 1973 models."

OWNER, LIFT MANUFACTURING COMPANY. (Traumatic quad.) Bob Jackson, R. J. Chair Lift Company, Inc., 7228 West Madison, Forest Park, Illinois 60130. Bob has designed and manufactured an excellent line of van lifts and porch elevators, both standard and custom-made, as well as numerous other pieces of equipment for the disabled.

PRESIDENT OF FIVE CORPORATIONS. (Polio quad since 1952.) Max C. Rheinberger, Jr., 220 West First Street, Duluth, Minnesota 55802. "Able to use only one arm with the assistance of a sling, president of five corporations engaged in data processing, hospital supplies, invalid transportation, property management, and rehabilitation; Duluth city councilman-at-large, national chairman of the President's Physically Handicapped Committee, member, National Advisory Committee on the Handicapped; director, American Rehabilitation Foundation." He lives in an apartment with his wife upon whom he is dependent for his care. He uses the invalid transportation service which he owns for transportation.

His business and civic achievements and his list of honors received are awesome. Yet back in 1955 he was not considered feasible for vocational rehabilitation. Nevertheless DVR arranged for him to take a correspondence course in accounting. In 1974 the combine of enterprises of which he is president and sole manager had grown to a gross volume of over \$600,000 per year, employing over 50 people. DVR spent about \$1400 to rehabilitate Rheinberger; he now pays this amount each week in taxes on his income, property, and personnel.

FILM PRODUCER. FOUNDER, WIL, INC. (Respiratory quad since 1963 because of amyotrophic lateral sclerosis.) Robert G. Dicus, 10212 Noble Avenue, Mission Hills, California 91343. In the 1973 issue (Volume XVI, pages 11-13), Dicus, a physical therapist, described his activities after disability: promotion of the ALS Foundation, president of Cinema Pictures, Inc., and

training as a computer programmer. Since then, Dicus has utilized his experience with therapy and rehabilitation to found and direct Western Independent Living Foundation, Inc., a non-profit foundation directed to the rehabilitation and employment of the disabled, particularly through computer programming.

OWNER, HANDICABS, RAMP MANUFACTURING COMPANY. (Quad because of muscular dystrophy.) J. Leonard Lovdahl, Handi-Ramp, Inc., 1414 Armour Boulevard, Mundelein, Illinois 60060. The firm now has dealers all over the United States as well as export dealers for Canada, Europe, and the Far East.

Office Managers and Workers

PERSONNEL MANAGER, HOTEL. (Generalized muscle weakness since birth, unknown cause.) Mrs. Donna Ferri Leary, 58 Lysander Drive, Rochester, New York 14623. "As personnel manager of the Americana of Rochester Hotel, my responsibilities include screening applicants, supervision of switchboard and gift shop employees, insurance benefits, and record keeping. . . . My husband is a polio paraplegic. We have purchased a four bedroom home and use a van with a hydraulic lift for transportation. Our bathroom has a unique shower-toilet combination, which cuts down on transfers. While an attendant is not needed, we find that more people living in a household make life easier for everyone. As a result, two other disabled persons live with us, with duties shared. It is a marvelous learning experience for all of us."

INSURANCE UNDERWRITER. (C6-7 quad since 1967.) Jeffrey L. Siders, P.O. Box 97, Westfield Center, Ohio 44251. "In my senior year of high school I suffered a broken neck during wrestling practice. I attended a nearby extension of Kent State U. and the U. of Illinois in Champaign-Urbana. I graduated in 1972 with a bachelor's degree in finance. Within a few months after graduation I came across my job with the Westfield Companies. My function is underwriting commercial casualty business which consists of advising our insurance agents and field personnel on rating and acceptability of commercial risks by phone and by letter. A certain amount of manual dexterity is required but my hands work at about 50-60% normal and I get by. I drive my own car and rent a house from the company as do several other underwriters. I am unmarried so I manage my house by myself, with occasional help from my parents."

OFFICE WORK, AUTO SALVAGE. (C-5 quad.) "I have a special interest in cars. I have worked in the offices of a used car lot and a service station answering telephones, doing bookwork, and receiving payment from customers. Now I work in the office of an auto salvage business in a large southwestern city. I am 26 years old and live with my wife and child. I drive myself to

work and need help to get in and out of the car. I usually sit up from 6 in the morning until 9 or 10 pm on a Temper Foam cushion."

ORDER ENTRY CLERK, SALES COORDINATOR. (C5-6-7 quad.) Thomas G. Deniston, 11809 Tracy Court, NE, Albuquerque, New Mexico 87111. My employment was with a nationwide envelope manufacturer. (I am now on leave of absence to PVA.) I was originally hired as the Order Entry Clerk. The job requires a person to check envelope orders from the salesmen before the order goes to production. The physical skills are basically a trend toward precise detail, the ability to handle a telephone, be able to write briefly, and handle templates for measuring. The job requires no travel and is a 40-hour office week. After extensive education and training in the industry, the next step is sales coordinator. The physical skills are basically the same, except one must be able to understand envelope 'jargon' to take the customers' orders and should be able to handle telephone conversations comfortably and pleasantly. I am sure that sales coordinators and order entry clerks are needed in many industries."

TELEPHONE SALES, FLOWER SHOP. HOME-BASED: CLUB PHONING AND RADIO PROGRAM. (Traumatic quad since 1945, while a sophomore at college.) Maurine Seale, 2703 South Taylor Street, Amarillo, Texas 79109. In the 1968 issue (Volume XI, page 44), Maurine described her work from her bed. "I do about everything lying on my back. My body is bent and twisted so I'm very uncomfortable and I don't have a sense of balance sitting up." She lived with her parents and operated several businesses with seven telephones. The businesses included a 24-hour nurses' registry service, a calling service for clubs to remind members of meetings, and a Sunday radio program of gospel hymns. In addition, she tutored grade school students.

After her mother died several years ago, Maurine spent six weeks in a rehabilitation center. "They put me in a brace and made it possible for me to sit up in a wheelchair. Through exercises they helped me to be able to get into and out of a wheelchair and to do many things in my chair. Now my Dad and I live alone. He is 77. I've learned to cook and do things in the kitchen and the rest of the house that I'd never done since my accident. What a change has been made in my life and I LOVE IT! Now I am working parttime in public at a flower shop. The most of my work is being a telephone sales clerk. . . . I still have my radio program and do some club calling."

ACCOUNTANT. (Osteogenesis imperfecta.) Naomi Morehouse, 921 Pleasant, Des Moines, Iowa 50309. "I was tutored at home—mostly under my mother's direction—through high school, then I went into vocational training, first watchmaking and then accounting. I use a wheelchair most of the time but I can walk

some with crutches. I hold a full-time job. With special equipment, I drive my own car. I have tried room and board in a private home; I now live in a dormitory for working girls with services, comparable to the YWCA."

CONSOLIDATING ACCOUNTANT. (Respiratory polio quad since 1954, at age 11.) Nelson Brock, 360 Belle, Bedford, Texas 76021. "I have been employed by Frito-Lay, Inc., for almost 7 years; I work in the headquarters (Dallas) accounting department as a lead accountant. I am the consolidating accountant. . . . I received my BBA in accounting from Texas Tech University in Lubbock. I am now attending night school at the University of Dallas working toward a master's degree in management. . . . I feel like I am a very lucky person. I am partially paralyzed in my hands and arms and I have to sleep in an iron lung, but I am able to drive my own car. I live with my parents and commute to work. My hobbies are boating, fishing, hunting, gold, and CB radio."

Philosopher, Practical

PRODUCTIVE AND HAPPY. (Respiratory polio quad since 1951.) Philip G. Smith, Jr., 96 Euclid Avenue, Hastings on Hudson, New York 10706. Polio left Phil able to walk with crutches and a corset, dependent on respiratory aid at night (positive pressure face mask). He completed high school by telephone and tutor and college by telephone and attendance, earning an AB from Columbia University. "After 9 years of teaching math at a private school in New York City my contract was not renewed. . . .

"Since then I've enjoyed a productive, expanding, and happy life. The future looks very promising to me. I've started writing fiction. I stumbled into a local Writers' Workshop which has helped my writing, introduced me to poetry, and gotten me onto the editorial staff of Hastings' new literary-art magazine, *Inprint* (which encourages submissions from as far away as St. Louis, Missouri, and beyond).

"Also I reached out, organized and now coordinate Hastings' telephone network for Common Cause. Through the people I'm meeting, I also am putting down deeper and more extensive roots into the community. ('Deeper, more extensive?' They were nonexistent before!) Each new contact opens up more. Wonderful new friends and stimulating relationships. Church Youth Group, weekend retreats, sailing, and swimming for the first time in 24 years!

"My employment was important—then! It showed I could do it; it let me build some capital; it got me away from my mother; it qualified me for much larger social security disability payments; it put me into situations which helped me grow a lot. By the time I was cut loose I was ready to accept it without fear, and was ready also to grow in new ways. My job had filled my life and, in some ways, narrowed it (or kept it nar-

row). In its current phase, my life has blossomed in other ways—ways I was ready for. I don't know what the future holds. But whatever it is, I am confident that it will be good—because I can *make it good!*"

Rehabilitation Careers

Though rehabilitating other severely disabled persons is obviously a natural field for those who are themselves blind, deaf, paralyzed, or amputeeed there are too few among professional rehabilitation personnel. However, recently there have been several significant appointments of wheelchair persons to high level positions: Dr. Andrew Adams, a polio paraplegic, is the Commissioner of the Rehabilitation Services Administration, Department of Health, Education, and Welfare; Dr. William Bean, a polio quadriplegic, is the Acting Director of the Office for Handicapped Individuals; James Jeffers, a traumatic paraplegic, is chairman of the Architectural and Transportation Barriers Compliance Board. Another is the following appointment in California:

DIRECTOR, CALIFORNIA DEPARTMENT OF REHABILITATION. (Respiratory polio quad since 1953 at age 14.) Ed Roberts, Director, State of California, Department of Rehabilitation, 722 Capitol Mall, Sacramento, California 95814.



Robert Gnaizda, Ed Roberts, and Mario Obledo announce Ed's appointment as director of the California State Department of Rehabilitation.

Governor Edmund Brown appointed Roberts to be the new director as of November 1, 1975. The Department of Rehabilitation has a total of 2200 employees and an \$83 million annual budget.

Roberts earned his AA (Associate in Arts) at the College in San Mateo and his BA and MA in political science at the University of California, Berkeley. In 1969 he advanced to Ph.D. candidacy with emphasis in public administration, political behavior, and American government. Details of his adaptations to university life were included in the 1967 issue (Volume X, pages 42-43). Roberts uses an iron lung, a portable respirator, a mouthstick and a motorized wheelchair.

For two years, Roberts was executive director of Center for Independent Living (2539 Telegraph Avenue, Berkeley, California 94704), an organization that he helped to found and which grew out of the Physically Disabled Students Program at the University of California, Berkeley. Since CIL was founded in 1972 it has grown from a staff of 12 to a staff of over 80, all disabled or blind persons.

The organization is totally committed to fostering independence of severely disabled and blind people through services and advocacy. CIL's services are broad-based and include attendant-reader referral, advocacy counseling, wheelchair repair, mobility training for the blind, housing assistance, transportation, crisis counseling, a computer training project, and a training program for rehabilitation professionals.

Soon after becoming state director Roberts announced that in accordance with the federal Rehabilitation Act of 1973 only disabled persons having moderate to severe disabilities would receive vocational rehabilitation services from the State Department of Rehabilitation. "The time has come," he said, "for disabled people to be recognized for their strengths—strengths that come from overcoming a severe disability and becoming independent. We expect our counselors to match their clients' strengths with an imagination and willingness to take responsible risks in their rehabilitations."

In determining the eligibility of disabled persons applying for services, Roberts said it will be necessary for the department's counselors to broaden their concept of who has a reasonable expectation of being rehabilitated.

REHABILITATION COUNSELOR, BVR. (C-6 quad since 1964, while in college.) Lee Slater, R.D. #1, Richmond, Ohio 43944. "I am working as a vocational rehabilitation counselor for the Ohio Bureau of Vocational Rehabilitation in Steubenville. The Bureau has been very helpful in acquiring several items that facilitate my work. These include a hand splint, a wheelchair, and an extra table. I am a member of a special team of counselors who work with social security recipients who are severely disabled. I hope that other state rehabilitation agencies take my employment as

an example, thus giving qualified, disabled people an opportunity to help other disabled persons. . . . As a severely disabled person, I feel that I am able to handle clients like myself with empathy, but not with sympathy. . . . I live in a specially adapted mobile home on the farm of a friend, with my wife and two children. I have a 1969 Mercury, Montego, which has been fitted with hand controls and a power unit added to the disc brakes."

REHABILITATION COUNSELOR, DOMICILIARY. (C5-6 quad since 1959.) Robert E. Tanton, Jr., 2315 10th Street, Tuscaloosa, Alabama 35401. After being tutored at home, he attended the last two years of high school, then took several college correspondence courses. Six years after his diving accident, he went to a rehabilitation center. "There I learned to do things to maintain my independence as an individual that I had never believed a C5-6 quad could do." (Volume X, pages 31-33.) After being re-rehabilitated, Tanton attended the University of Alabama, attaining a master's degree in counseling. Now married, he is working as a counselor and doing free-lance art work.

DIRECTOR-PSYCHOLOGIST, DVR EVALUATION CENTER. (Respiratory polio quad since 1955, when a freshman at Yale.) Jack Genskow, PhD, 1024 North Linden, Decatur, Illinois 62522. After completing a BS at the University of Wisconsin, he earned his MA and PhD at the University of Illinois. (Volume X, page 69.) In addition to his work at the Evaluation Center of the Illinois Division of Vocational Rehabilitation, he is president-elect of the Illinois Rehabilitation Association and on the executive council and editorial board of the Vocational Evaluation and Work Adjustment Association. He is active in his community, married, and the father of two children.

PROGRAM COORDINATOR, ADULT DEVELOPMENT CENTER. (Quad because of cerebral palsy.) (Louis Michaux, 2100 Grove Avenue, Richmond, Virginia 23220. After receiving his master's degree in Christian education from the Presbyterian School of Christian Education, he taught Sunday school in an Episcopal church. He is presently working in a large Episcopal church in downtown Richmond. (Volume XIV, page 36.) "The center has become more rehabilitative in scope, concentrating on the total needs of the individual. For the past three years I have been living away from home and I feel a much greater independence. I am involved with trying to write my second book and in the activities of the First Baptist church. I joined the church three years ago, adding exciting dimensions to my life."

Sales, Home-Based

SALESMAN, HOME PRODUCTS; OWNER, PRIVATE POLICE AGENCY. (C5 quad since 1960, when a senior in high

school.) Roger Liephart, 9235 North Church Drive #133, Parma Heights, Ohio 44130. "After discharge from the hospital I rebuilt a magazine business through phone solicitation. I earned more than \$200 per week in commissions until I entered the Amway Home Products business in 1962. Through phone solicitation I developed nearly 500 retail Amway customers and wholesaled to 60 distributors. The magazine business was phased out as the Amway income increased. . . . In June, 1974 I married Kathy, a very wonderful girl. Now I still do the telephoning but Kathy handles the inventory and stocking the product shelves. Twice a week I accompany her as she delivers to our many customers.

"In 1969, a hobby developed into a business when a friend and I started a private police agency, Top Security Patrol. We have over 250 accounts, six fully-equipped patrol cars, and 25 employees. I took a 7-week police course and a special test to get a private policeman's license and the right to carry a concealed weapon (though I can't use it). In a specially equipped car, I travel 2500 miles a month and put in 60 hours a week on my two businesses. Kathy handles the billing, posting, typing, and numerous other responsibilities, including transferring and my other care. We live in an apartment which we had modified and which has a room we use for an office."

AD SPECIALTY DISTRIBUTOR. (Respiratory polio quad since 1950.) Carmen B. Crosier, 2220 McLean Avenue, New Albany, Indiana 47150. "I started selling from my home in 1959 and in 1960 I became an independent distributor. Since 1969, when I acquired my special telephone, the business has been extremely successful. My phone and tape recorder are operated by pressing my lips against a lever on the headset. They were designed by friends who invent and manufacture electronic components. I have a direct line to the local switchboard so the operators can dial the numbers for me. My business involves selling advertising specialties—book matches, calendars, and executive gifts. With the help of part-time sales people, my family, and a multitude of friends and good people, I now gross in the low six figures."

MAP DEALER; CONSERVATIONIST. (Quad because of multiple sclerosis.) Robert P. McCombs, R.D. 5, Box 200, Lehighton, Pennsylvania 18235. "I was medically retired in 1966 as district conservationist with the U.S. Soil Conservation Service, having joined in 1951, after graduating from Cornell University with a BS degree in soil conservation. Immediately after retirement I taught special education but I could not continue after I had to use a wheelchair. Then I decided to analyze my situation and make the best of what I had—a background knowledge of conservation, experience in map reading, and many past associations with people who would be potential customers. Therefore, I started as

a consultant conservationist and professional map dealer. This work does not provide full-time income but it supplements my disability retirement annuity."

GREETING CARD SALESMAN. (Respiratory polio quad since 1944.) Lee Hale, Crockett, Virginia 24323. "I was stricken with polio four days before my 32nd birthday. I had to stay in the iron lung all the time, then I learned to stay out a little at a time. After I came home I sold part of my farming land, bought me a panel truck, and started going to church in my wheelchair. I have been in a hundred different churches. At that time my wife made a living raising pigs and milking cows, besides waiting on me. That was too hard. So the Lord gave us a job selling all kinds of greeting cards by mail. We now make our living that way. If anyone wants cards, I will be glad to receive the order.

"I haven't been able to go to church for 17 years as I can't stay out of the lung only long enough to be given a bath once a week. I have a reading rack on the iron lung so I can read, I've read the Bible thru 38 times. We have two girls both married to preachers. I'd like to know if anyone has been in an iron lung longer than I have, 31 years."

TYPIST AND TELEPHONE SALES. (Respiratory polio quad since 1946.) Bettye Erickson, 2519 Barnes Bridge Road, Dallas, Texas 75228. "On top of social security I earn my living by telephone work, typing, and selling Christmas cards. I write with a pencil and type with a rod in my mouth. While on the rocking bed, I operate the tape recorder and dial the telephone with my toes, also the TV set hung from the ceiling. In the lung, I dial the phone with my toes by counting around the dial to the proper digit. I live in my own home. I have a maid for eight hours during the day. Friends formed a team to take turns putting me in the lung each night. Then it is just me and God and the telephone."

GENERAL INSURANCE AGENT. (Quad because of rheumatoid arthritis and ankylosis of the hips and spine.) Robert E. Hitz, 1182 Warren Road, Lakewood, Ohio 44107. "I was prodded toward the insurance business by a blind friend who had been successful in the field. . . . Eventually, I found an agent who agreed to train me and get me a state license as a 'solicitor' who would work through his agency and under his instruction. I studied for the state license exams at home and finally got a state examiner to give me the exam in my home. Originally, the arrangement with the agent was that his office would make up the policies and I would operate under my own name with letterheads and bill heads bearing my name rather than his. . . . The business was a slow starter. Gradually the business came to me and by meticulous care in each transaction I convinced people that I was serious and able to do a good job for them. My friends were glad to be able to give me a boost by recom-

mending me to others. Now I have my own agency. Selling is all done by phone and mail and claim service is rendered by the companies. . . . This is my twenty-eighth year in the insurance business." (Volume XIV, pages 38-40.)

TELEPHONE SALES. (Respiratory polio quad since 1945.) Susan Armbrrecht, 15985 Nelacrest Drive, East Cleveland, Ohio 44112. "I sleep in a tank (iron lung) but breathe on my own all day. . . . I have a very small income which just allows me to exist. Any extras, such as help for my care, outside activities, transportation, and entertaining, must come from other sources. Over the years I have done abstracting, stenotype transcription (Volume IX, page 9), sold magazines and cards, and held a number of telephone jobs. Though I still do have a small magazine and card business, the telephone has proved the most successful source of income.

"Using the telephone I am employed by Ward North American Van Lines for whom I am a sales representative. In addition, I do co-ordinating and monitoring of TV commercials for Lynch Transcription Service. . . . I have gained a degree of independence I once thought impossible and now I know it can be still greater. Creativity does not begin and end with painting, cooking, and flower arranging. It begins and ends with living." (Volume XII, pages 22-23.)

MAGAZINE SUBSCRIPTIONS, GREETING CARDS. (Respiratory polio quad since 1952, when a junior in college.) Roger Winter, 815 East Chippewa, South Bend, Indiana 46614. "My wife, Theresa, and I are in the 20th year of a magazine subscription and personalized greeting card business. I maintain a part-time job with local Goodwill (typing), have written and had two books published, and continue a semi-regular speaking engagement schedule. Monaghan respirator operates off auto battery. Equipment consists of electric typewriter with mouthstick, reading board with mouthstick and telephone (push-button) on tray attached to wheelchair on which I can receive calls or dial out with typing mouth piece and operator headset. We have purchased our own home. We have one daughter almost 18 years old. . . . The business is built on renewals. Do not become discouraged because business is slow at first. Word of mouth advertising is the best. Church publications and newspaper stories helped bring in business." Further details in Volume V, pages 52-53.

Sales, Office-Based

OWNER, TWO TRAVEL AGENCIES; RADIO ANNOUNCER AND ADVERTISING SALESMAN. (C5-6 quad since a diving accident in 1945.) Judd Jacobson, 148 West Bridge Street, Box 382, Owatonna, Minnesota 55060. "I think the biggest problem facing the disabled person wanting to live independently is the money factor. I stayed

with my parents until I got the level of income that would assure me of success. My sources of income are as a radio announcer and advertising salesman and as the owner of two travel agencies in southern Minnesota." Judd and his wife, Barbara, a former TWA employee, make complete travel arrangements for disabled individuals and groups.

ACCOUNT EXECUTIVE. (C5-6 quad since 1952, when a freshman in college.) Thomas E. Polk, P.O. Box 894, Beaumont, Texas 77704. "After three months in a hospital and six months at home, I went to New York City for rehabilitation at the Institute of Physical Medicine and Rehabilitation. For about ten years I spent my time amusing myself through reading and poker playing and looking after my family's garden. After becoming bored with this life I started taking correspondence courses from LaSalle Extension University in accounting. Upon completing this work, I took a course in business finance from New York University.

"In January 1965 I went to work with E. F. Hutton & Company, Inc., members of the New York Stock Exchange, as an account executive. In the past ten years, I have not only made a very good living for myself but enjoy a wonderful association with a great many people and expanded my horizons immensely. It has been a very fulfilling and thoroughly competitive happy business career and I do not know of any work I would have enjoyed more.

"As well as working a full 8 hour day and sometimes 10 hours on occasions I have managed to squeeze in an active civic life. In June of this year I was awarded the Distinguished Alumnus Award for 1975 by St. Edwards University in Austin, Texas. I live with my sister and a male nurse in our old family home."

INSURANCE AGENT, CATTLE OWNER. (C5, 6, 7 quad since 1950.) Rayford Cooper, 217 West Grand, Yoakum, Texas 77995. "After I broke my neck in a diving accident during a senior class party, I completed business college in my home town. I then contacted an insurance company and completed training to be an insurance agent. I now have my own insurance agency, and a bookkeeping and tax service. I depend on the telephone, an office located in the central business district, and my hand-control operated car to contact present and prospective clients. Since I am a "farm boy" at heart, I also own and lease pasture land for a growing herd of registered cattle. I devote a great deal of time to my church, serving as treasurer in addition to filling other capacities as needed in the small country church near the farm home I share with my parents."

INSURANCE AGENT. (C6-7 quad since 1969.) W. R. Coile, Coile-Harris Agency, United States Fidelity and Guaranty Company, Box 248, Winterville, Georgia 30683. "I was fortunate in having an existing business

at the time of my accident. It was prosperous enough at the time to afford the help that is now a necessity. In addition, my customers and friends continue to patronize us and refer new customers. I have a party line phone in my home and direct most of the business from there. I spend 3 to 4 hours a day in the office. . . . It would take tremendous courage, drive, imagination, and innovation for a quad to develop an agency from scratch. It might be done if one had a very wide circle of friends and did not expect too much financial reward in the beginning. I wish I could be more encouraging, but I must be realistic."

INSURANCE AGENT. (Quad since a diving accident in 1964.) David Stanton, Box 397, Mansfield, Ohio 44901. Seven years after his accident he returned to work in the office of his family's insurance firm. He credits the Occupational Therapy Department of Ohio State University Hospital with returning him to the world of work. "I go back once a year for re-evaluation and to learn about new research and equipment, but I go down to visit every month or so." He is the recipient of numerous awards for his civic activities. "I have a bug in me to push for better research, crusade constantly to eliminate architectural barriers and believe strongly in local health care facilities." (Volume XIV, page 37.)

ACCOUNT EXECUTIVE. (Respiratory polio quad since 1955.) Barton B. Hebert, Jr., 6121 Hurst Street, New Orleans, Louisiana 70118. "I am only totally paralyzed from the waist up, from the waist down I have complete use of all my muscles. I use a chestpiece full-time in the day and a tank at night. . . . I finished high school by telephone; completed 2 years at Southeastern Louisiana College, studying primarily business, finance, and economics. I also had six months on-the-job training and correspondence courses on security analysis and stock exchange procedures. . . . With the aid of a 24-hour attendant, I work fulltime for E. F. Hutton & Co., Inc., member firm of the New York Stock Exchange, as an account executive. Recently I was promoted to Assistant Vice President. For the past thirteen years I have enjoyed this very interesting field. My work has also been very rewarding financially, which allows me to be totally self-supporting. My financial independence opened many doors for me that otherwise would have remained closed."

Scientists/Engineers

The following examples of disabled scientists include both those who had completed their studies and were working when disabled and those who had attained their scientific education after disability.

In the future, the way will be easier for disabled scientists. The American Association for the Advancement of Science is developing a program for the disabled that will be integrated into the basic structure of

the AAAS. Plans include an information resource center for disabled scientists and students seeking information on education and career opportunities. The Association is interested in solving the problems of those who have visual, auditory, and other problems as well of those who are in wheelchairs. The AAAS is seeking the expert consultation of disabled individuals who have experienced difficulties in receiving an education to be a scientist or professional placement. If you are a disabled scientist, please identify yourself to Martha Redden, Director, Project on the Handicapped in Science, Office of Opportunities in Science, AAAS, 1776 Massachusetts Avenue, N.W., Washington, D.C. 20036.

ENGINEERING SUPERVISOR, AEROSPACE FIRM. (Home-based.) (Respiratory polio quad since 1950.) "I was fortunate to have had 12 years experience with my company prior to polio. My work as engineering supervisor is accomplished in my office in our remodeled home, with coordination through conferences with associates and occasional visits to the company offices for special meetings. I have now had a total of 37 years with the firm. My wife is also employed part time as my secretary. Most of my work is related to preliminary design, new program studies, product planning, product research, business planning, and strategy planning. My business aids are: a bracket to hold a standard phone set and a reading rack that mounts on my wheelchair; a head switch to turn the cartridge tape recorder on and off for dictation."

SELF-EMPLOYED DRAFTSMAN. (C5-7 quad since 1968.) Larry Don Sell: "I had just finished a year in college when I became a quad. Now I have completed a drafting course and I am a technical draftsman. I really enjoy the work I am doing." (Volume XVI, page 27.)

COMMUNICATIONS DIRECTOR, SERVICES AND ENGINEERING CORPORATION. (C6-7 quad since 1969.) Arthur S. Peter, Jr., 172 Forest Avenue, Lexington, Kentucky 40508. "After disability I changed from sales to technical writing and corporate communications. I continued my education (BA in chemistry plus post-graduate work) with seminars and correspondence work in management. I have a van equipped with a lift and radio phone. I have adapted records, various drafting and graphic materials, and office equipment that are essential to my work. . . . My wife and I have two sons in their twenties."

METEOROLOGICAL TECHNICIAN. (Cerebral palsied quad.) Herbert W. Hoffman, 6150 North Avers, Chicago, Illinois 60659. "I graduated from Spalding High School for the Handicapped in 1969. I spent the next year taking a correspondence course in math and trying to persuade DVR to give me a chance to show my ability and to sponsor me in college. I had to go to all

the Chicago newspapers and TV stations to argue this point, and it took a well-known TV commentator to make a few phone calls before DVR made an offer: if I would finance one quarter at Southern Illinois University and succeeded, they would finance my education from then on.

"When I first entered SIU I had trouble adjusting to the new college life. My speech defect made me feel like turning around and returning to my safe little world. I was lucky that my brother, Tom, started at SIU at the same time and acted as my attendant. It took two years before I got up enough confidence to go into town alone and do my own shopping.

"In my last year, like any student, I was afraid of my future. Finally, with some help from DVR, I found full-time employment with the Chicago Weather Bureau for which I had worked parttime for a year and a half compiling data. I have recently been promoted and my new boss is continuing to find new ways for me to handle more work under the limits of my handicap.

"My work involves typing weekly and monthly climatological summaries for the State of Illinois and typing the preliminary reports each month of all severe storms in the state. I have a powered wheelchair and I work at a typewriter on the floor, using my left foot to write and type with. My brother drives me to and from work. I am going to night school at Northeastern Illinois University working toward an MS in Earth Science. I feel that I am now accepted in the human race!"

TECHNICAL WRITER, AEROSPACE FIRM. (Respiratory polio quad.) Paul C. Cacavas, 3735 East 4th Street, Tucson, Arizona 85716. "I use an electric wheelchair and various respirators, but can go without the latter for 2 or 3 hours. I retain 30% use of left hand and elbow, have an engineering degree, and work as a technical writer for an aerospace firm. The work is 10% writing and 90% searching over and for documents specifications and equipment to decide what should be written. I go to work in my VW bus driven by a co-worker. I live alone, love TV dinners, and have 2 helpers who alternate getting me up, into the tub, off the pot, etc. In the evening my sons come over to put me to bed."

ASSOCIATE MUSEUM CURATOR. (Home-based.) (Respiratory polio quad since 1952.) John E. Guilday, 112 McGinley Drive, Glenshaw, Pennsylvania 15116. "I am ambulatory, although I do not have the use of my arms. I work in a laboratory set up in my home. Thanks to my wife and the cooperation of the Carnegie Museum staff, things get done. In essence, we are analyzing and identifying bones and teeth of fossil birds and mammals from caves in the Appalachian Mountains, dating from the last Ice Age. We are trying to pin down the effects of glacial cooling upon the distribution of past plant and animal life. I use a microscope outfitted with a foot pedal-operated focusing

device, and have adapted a wall phone to foot pedal operation."

RESEARCH ENGINEER. (High level quad since 1954.) Donald Rugg, PhD, 1368 South Fairfax Street, Denver, Colorado 80222. Don had received his BS degree in engineering only four days before his auto accident. In 1956 he started college courses again and eventually earned his PhD in electrical engineering. Since 1958 he has been research engineer at the Denver Research Institute. He has turned his engineering knowledge to practical use for himself and other quads by inventing the Rugg self-reclining wheelchair. The chair is manufactured by the Falcon Research Development Company of Denver. (Volume IX, pages 80-82.)

RUSSIAN TRANSLATOR, TUTOR. (Home-based.) (Respiratory polio quad since 1957.) Paul Hess, 28 Grove Avenue, Latham, New York 12110. In 1966 (Volume IX, pages 38-40) Hess wrote: "At the time I got polio I was employed as a nuclear physicist by the General Electric Company performing experimental research on advanced submarine reactors. . . . I thought of many ways to put my training to use. I decided translating foreign science articles offered the best bet. After studying Russian with a volunteer for nearly a year and a half, I work on the government's program of abstracting and cataloging all major foreign scientific works. . . . I also do some tutoring. . . . None of these by themselves give me the necessary income, but I am hoping a combination might. . . . I must emphasize that I started with a good education and had fine professional and volunteer help. I should add that this all had an indirect consequence at least as valuable as the direct object hoped for. This fallout was a new attitude of mine toward life. I feel almost like a normal person who operates differently because of a handicap. I enjoy meeting schedules, overcoming obstacles, learning new things, etc. I realize economically all this effort might not be warranted but I'll be eternally grateful it was made."

In the fall of 1975, Hess reports that he has continued his Russian translating work. He worked for a scientific translating organization but the pay was not as high as one would expect and it was difficult to find skilled typists. "I am at present translating articles from Russian medical journals for the Albany Medical College, and I find this very satisfying, particularly since I am able to work directly with the person interested in the material, and so get a chance to discuss the scientific developments.

"I have also continued my tutoring activities. I find this even more enjoyable and also more profitable. The biggest obstacle to making a living as a tutor is the uncertain supply of students. . . . I did work for a while as an official tutor for Empire State College, a so-called 'College Without Campus,' a division of New York State University. I found this very rewarding. More of

these colleges are being created all the time, and I believe there is a good possibility that disabled people could work well with these institutions.

"I have recently begun to study computer programming for my personal interest, and with the idea it might provide future job opportunity."

LIAISON ENGINEER, HOSPITAL. (C3-4 quad since 1965 at age 17.) Arturo Heyer, Neuromuscular Engineering, Rehabilitation Engineering Center, Rancho Los Amigos Hospital, 500 Hut, 7601 East Imperial Highway, Downey, California 90242. In Volume XIV, pages 32-33, Heyer described his family (five brothers and four sisters), his home-made equipment (mouth-operated devices for writing, using a slide-rule, and doing mechanical drawings), and his education as a mechanical engineer in Guadalajara, Mexico. In 1975, he and his bride, Flor, moved to California and he obtained a job at Rancho. "I have first been engaged to design my work-station office, which should be such that I will be 100% independent at office work. This prototype office will be part of a prototype house where patients and out-patients will see and test different assistive devices for their greater independence of action. As a liaison engineer I will assist the client to select, modify, or design his/her needed equipment. . . ."

Services, Home-Based

The offering of services from home has numerous possibilities for turning one's training, education, hobby, or interest into a money-making business. In most of the examples following, the individuals have found the beginnings were very slow. Further, most of them have had to combine several services to earn enough to be self-supporting.

INCOME TAX, BOOKKEEPING, NOTARY PUBLIC SERVICE. (C5-6 quad since an auto accident in 1955.) Walter W. Kimes, Jr., R.D. #3, Box 16, Sandy Lake, Pennsylvania 16145. "I was injured when I was 20 years old and a junior in college majoring in business administration. I was in a local hospital for 5 years following my wreck, then spent 6 months at Johnstown Rehab. Center. After that I came home for several years. Then I went back to Johnstown Rehab for another 21 months of vocational rehabilitation. Following my release from the Center the second time, I started my bookkeeping, income tax and notary public service here at home in October, 1969 when my Notary Seal became effective.

"About 40% of my income comes from 3½ months of income tax work, about 40% comes from 12 months of Notary Public work, and 20% from bookkeeping (payroll, reports, etc.). I do all my work here at home laying on my stomach in bed, propped on my elbows. Dad helps me some in the evenings and a neighbor lady does typing for me parttime. I live with my Dad and stepmother, who both work fulltime. Our home

is in a small farm community of about 1000 people. In addition to our business, I am the area representative of Goodwill Industries, a non-paying job, but good advertising for my business. My hobbies are Citizens Band Radio (call letter KIE-10), painting, reading, and chess. I got a Harley-Davidson 12 HP gasoline-powered golf cart this summer that I enjoy driving. I intend to get it licensed and inspected so that I can drive it on the local highways by next summer."

BOOKKEEPING, ACCOUNTING, AND TAX PROBLEMS. (C4-5 quad since 1961.) Roger Nelson, Route 2, Box 602, Battle Ground, Washington 98604. "While I was breaking into the programming field, many of my friends who were self-employed businessmen began coming to me for help with their bookkeeping, accounting and tax problems. I had had some schooling in these fields which I updated by enrolling in a local community college to study taxes and I also completed a tax correspondence course. My wife helps with the business and it is growing every year. We work at home. I use a CO₂ splint and a wheelchair lapboard. I use a washcloth wrapped around a pencil and my hand strapped around the cloth with Velcro. I have a U-shaped piece of aluminum taped on the receiver of the telephone. I use a plain 1/4" dowel held in my teeth to dial the phone.

"In 1970, we were approved for a FHA low-income housing loan. We now own our home which we had built especially for wheelchair convenience. We are able to maintain it ourselves. We have a 15-year old son and need only an occasional assist with the bigger jobs from neighbors or friends. . . . We have a small camping trailer and I enjoy the different nearby scenic spots. . . . My advice to anyone would be to plan ahead as much as possible."

POLICE AND FIRE DISPATCHER. (Quad since 1957.) Leatrice Bank, Box 98, Walworth, Wisconsin 53184. "I live at the Christian League for the Handicapped. We have made arrangements to act as dispatcher for three police departments, fire and rescue squad departments, and 8 other telephone answering services as well as burglar and fire alarms. The switchboard is set up by my bed and I work the night hours. There are three part-time dispatchers and one lady who works four hours in the afternoon."

PREPARING INCOME TAX RETURNS AND SELLING CHRISTMAS CARDS AND WEDDING INVITATIONS. (Respiratory polio quad since 1947.) Walter Sawyer, Jr., Box 90—Austinville, R.D. 1, Troy, Pennsylvania 16947. "I am single and live with my mother, a widow. All my work is done from my home. I completed the 10th grade. . . . If any readers have any questions, please let me know and a prompt reply will be on the way. Most of my income is from my tax clients. I highly recommend a correspondence course from the H&R Block Tax

School, 4410 Main Street, Kansas City, Missouri 64111. It costs about \$100 and can be completed within 2-3 months. Equipment needed: typewriter, adding machine and/or calculator with printing tape. I believe many disabled people are capable of doing this work after a small amount of studying. The pay is excellent. Small ads in area newspapers or ad sheets will bring clients. Most of them recommend me to their friends and that is my best form of advertising. To sell wedding invitations, contact a reliable company such as Elmcraft, Inc., 6253 South 74th Street, Chicago, Illinois 60638, which welcomes new dealers. I read the local newspapers for engagement announcements and contact the bride-to-be with a form letter inviting her to stop by my home to go over the sample wedding invitations and related items. This is a simple business to operate and can be quite profitable. I don't do too much with the magazine subscription sales any more though a reasonable profit can be made if the orders are placed with the right agencies. Many companies pay only 10-20% commission. I have found one of them pays from 90% to 60% commission. If any readers are interested and contact me I will submit their name to the company and give them the name and address to contact. I have kids distribute lists or mail them to friends or people in the phone book. Then I telephone them a few days after they have the lists and ask for their order."

TELEPHONE ANSWERING SERVICE. (Respiratory polio quad since 1956.) Kathy Schmidt, 562 Cochise Place, Carol Stream, Illinois 60187. "When my family and I decided to set up an answering service, Ma Bell installed some old push-pull equipment because I can't push the buttons of a regular answering unit. We now have 37 people for whom we answer from 9 to 13 hours a day. It's a good business for someone who does not go out often. It is also great because it puts me in contact with older adults and the business community. On the negative side: the equipment is expensive so that unless one has several clients to start with, the phone bill is more than what is coming in. Even as a family project, we can't afford to get sick or to go out often because of the expense of hiring someone to work the board. Even after three years I cannot live off the income, but as supplementary income now and a growing concern, it has potential."

TELEPHONE ANSWERING SERVICE, SURVEY WORK, AND TYPING. (C4-5 quad since an auto accident in 1960.) Ms. Ouida Barber, 117 Sarsen Circle, Bogart, Georgia 30622. "I live at home with my mother who does my personal care. I work from my home because I don't have any transportation away. I cannot transfer from my wheelchair and must be lifted. I do some home typing, telephone survey work and answering service for small business. I wear regular hand-splints and have many attachments that fit onto these. By being

known at the local college I get all the typing I can do. I have done telephone work for Belden Association, Easter Seal, and photo studios. I answer the phone, keep appointments clear, etc. for a small pest control company. My education is limited to high school."

TELEPHONE ANSWERING SERVICES. (Polio quad since 1940.) (Volume IX, pages 34-35.) "I have been working from my bed since 1955. I work 24 hours a day, 7 days a week. The first step for anyone interested in starting an answering service is to call the phone company and have a representative come out and discuss prices of equipment and extensions. Then decide what hours you can work. Then go after the customers. Write letters to doctors, electricians, plumbers, contractors, the power and gas companies, salesmen, and anyone else who might not have someone in their office fulltime or who need their phone answered at night. I charge by the month for a minimum of 100 calls and an extra charge for all additional calls. (This includes calls coming in and any made out for the customer.) The customers pay for their own extensions. I use key set phones, each of which has five lines. The cost is small and it is so much easier for me since I have very little use of my right hand and none of my left. . . . In addition to the phone answering, I work on 'skip' accounts for a collection agency, tracing people who have not paid their bills; run a secretarial service for salesmen; sell advertising by phone; and take orders from ads placed from out-of-town firms in our local paper."

TAX PRACTITIONER, TELEPHONE INTERVIEWING AND ANSWERING. (Rheumatoid arthritis since childhood.) Sara Ann Stroud, Route 3, Box 33, Swainsboro, Georgia 30401. "My uncle built me an office here at home in a spare room. The desk and cabinets are all built for wheelchair convenience. I have a 3M copier and a Recomac calculator; both are easy for me to operate. I started doing income tax work in 1965 and since then the work load has increased every year. For several years now I have had a part-time helper from January through April. I do quarterly taxes, but have given up all bookkeeping except one since I had total hip surgery in 1974. The hip surgery was a success and I hope to have a total knee done in 1976. . . . I am still doing parttime telephone interviewing for market research companies and I answer the phone for an exterminator company. I enjoy tax work as it is very rewarding working with and helping clients. I'd recommend it for anyone that is in a wheelchair who has patience and likes to work with figures. It is a good field to get into, as a good tax practitioner is always in demand and it is something that can be done in your home where transportation could be a problem. . . . If anyone would like more information on how I got started, I will be glad to help them in any way if they will contact me from May through December."

NURSES REGISTRY. (Quad since 1945.) Maurine Seale, 2703 South Taylor Avenue, Amarillo, Texas 79109. "I have a 24-hour registry service for the Professional Registered Nurses Association and the Licensed Vocational (Practical) Nurses Association. I work for the associations and, therefore, do not have to have a license to operate a business nor do I have to be bonded and I am paid a salary according to the number of nurses. I am listed in the yellow pages and the hospitals and nursing homes all have my phone number. When a patient wants a private duty nurse they call me and I call the nurse. My job is very interesting and very confining. I feel that it is a good one for a disabled person and a job that almost every town of any size at all has for someone." (Volume XI, page 44.)

NURSES REGISTRY, VIDEO DOCUMENTATION, EQUIPMENT MAINTENANCE. (Respiratory polio quad since 1953, at age 20.) Russell L. Beeson, 1925 Meadow Road, Walnut Creek, California 94595. Beeson was employed by a sporting goods company and was a stock outdoor race driver when he contracted polio. He uses respiratory aid fulltime. "I started my nurses registry in 1956 at the suggestion of one of my nurses. At that time Contra Costa County had no nurses registry, or any check-in place for the nurses wanting to do private duty. At that time it was fairly easy to get a license from the state. Also, at that time you needed only a license that covered all aspects of employment. It is much harder to obtain a license now as they have split the employment agency owners from the nurses registry owners. Of course, the regulations in California are usually more strict than in other states.

"To get started, you need a telephone with a business line, application forms, private-duty contracts (samples can usually be obtained from the state licensing bureau), reference referral forms, a residence or place of business that can be zoned for business. After you have signed up your nurses for work, you may not see them for years, although you might talk to them daily. I charge 10% of each paycheck not to exceed 90 working days on each case. This is for private duty, and 30% of the first month's wages, payable in the first 30 days, is charged for permanent jobs. I can legally charge up to 50%. Since you are working on a percentage basis, the amount of income will depend on the amount of private duty nurses you can sign up, and the jobs you can generate for them."

Other sources of income: since 1969, he has been the northern California representative of Lifecare Services, Inc., which maintains respiratory equipment; in 1974, he and two partners formed a corporation, Video Sales, Inc., to offer video documentation at moderate cost. Beeson's involvement in community services and in organizations of the disabled has earned him many well-deserved honors.

ANSWERING SERVICE, TELEPHONE INTERVIEWING. (Dis-

abled by multiple sclerosis since 1969.) Lillian Webb, 240 East Stillwater Avenue, Fallon, Nevada 89406. "I handle the answering service for IBM in this area. I take the trouble calls from several surrounding cities to report to the local customer engineer. The hours are from 8 am to 5 pm on weekdays. Since I seldom leave the house I can do it easily and find it quite interesting. In addition, I am a parttime telephone interviewer for the American Research Bureau (Arbitron) of Beltsville, Maryland. I contact homes throughout the state to participate in TV surveys."

INCOME TAX ACCOUNTANT, MUNICIPAL JUDGE, JUSTICE OF THE PEACE. (Respiratory polio quad since 1954.) Ben Jack Garrett, P.O. Box 217, Santa Anna, Texas 76787.) "Nearly a year was spent in rehab hospitals, then two years at home. In 1957, I was contacted by Vocational Rehabilitation. I was told that I could go to a watch repair school if I had the use of my hands (I didn't); I could be a radio announcer if the small town had a station (it didn't); I could take a college course via correspondence. I chose the latter. The course selected by my counsellor was English. The first lesson required a hand drawn map of old England.

"I then tried economics and subsequently accounting. At the rate completed, it would have taken 13 years to get a degree.

"In 1968 I finally realized that any vocation that was practical would come from my own efforts.

"Since my wife wasn't yet an RN, I needed VR or my Fairy Godmother to come up with an electric typewriter, adding machine, and electric wheelchair. Those items would allow me to prepare income tax forms. VR would not purchase them, so I let a counsellor enroll me in a two-week salesmanship course co-sponsored by a large corporation. I took the course (it cost VR about \$3000) and got the needed items.

"My wife and I started from scratch and now have a really good life. She is a registered nurse and I'm a justice of the peace, municipal judge, and tax accountant. We didn't do it alone. God, relatives, and friends all played an important part. We have a 14-month old son. My hobby interest is amateur radio and radio-controlled models. I designed our house to fit my needs. Also designed mouthstick, van ramp, and other items to help me be independent.

"My advice to anyone with an extensive physical disability who wants to achieve some form of independence, would be to dress neatly and get out and meet people. Go to church. Join a social club. Work for some charity drive. Do anything that will help you to meet people. There is always someone ready to help you help yourself. Don't go off to a rest home or Mexico to vegetate and mark off the days on a calendar."

SELF-EMPLOYED EMPLOYMENT CONSULTANT. (C5-7 quad—astrocytoma—since 1972.) Glenn Goldman,

5467A Paramount, #103, Long Beach, California 90805. "Since high school, I have continued my education through highly selective reading (psychology, philosophy, motivational and leadership techniques, et al) plus correspondence courses in law. I have been working as an employment consultant since 1970. I have a small but functional office in my apartment. I am married and have three outstanding children. Recently I have been lecturing in the Los Angeles area on disability, cancer, concurrent social problems, and affirmative action."

WAKE-UP SERVICE. (Blind for 28 years, quad because of rheumatoid arthritis since childhood.) Rose Dore, 4502 Storer Avenue, Cleveland, Ohio 44102. Rose has operated her wake-up service since 1961. Her subscribers include a mail carrier, a druggist, a newspaper route driver, several grave-diggers, mothers of school children, professionals, and business men and women. She tapes the subscriber's name, phone number, and wake-up time, then memorizes it. She dials with her left thumb. A county nurse, who comes by daily to look after her needs, sets her clocks. Friends do the bookkeeping. (Volume XVII, page 26.)

Services, Office-Based

CHAUFFEUR SERVICE. (Polio quad since 1955.) Edward J. Klanit, 310 West End Avenue, New York, New York 10023. Klanit organized his agency in 1957 to provide a limousine service or uniformed chauffeurs for privately owned cars. He now employs 5 office workers and about 80 chauffeurs. "I do believe that handicapped people in large cities could develop this service as I have in New York and earn a livelihood. They may not achieve the level we have here but it could be a profitable method of endeavor. The physical requirements are a good speaking voice, ability to write, and patience. To succeed, one should have a level of business or commercial experience. Our technical know-how on a franchise basis might prove helpful."

PRIVATE EMPLOYMENT AGENCY. Metroplex Employment Service, 607 West First Street, Ft. Worth, Texas 76102, is owned and operated by three quads: Ronald Ballard, injured in a car wreck in 1952; John S. Kishpaugh, injured in a diving accident in 1971, and Dorothy Harris, disabled by polio at age 14. Ballard described the details of his business in the 1971 issue (Volume XIV, pages 40-41.) In October, 1974, he merged his business with an employment service owned by Kishpaugh. They now operate offices in Ft. Worth and Dallas. Kishpaugh had been employed with Allis-Chalmers as a sales manager of heavy equipment for 15 years; he was trained in Ballard's office after his accident and opened his own agency in Dallas. The merger has been very successful.

According to Ballard, "Operating a private employment agency offers an outstanding business opportu-

nity for the disabled. It requires someone who can do sales work, for this is basically what the job is. . . . In addition to the employment agency, I own two used furniture stores with another 'unemployable' disabled person and we are now buying, remodeling, refinancing, and selling real estate. The only problem is that the business opportunities are too numerous for my capital.

"We believe that the best opportunity that exists for the employment of the disabled is in businesses offering a service. These businesses can be established for a very nominal amount of cash and offer the disabled owners earnings limited only by their talents, abilities, and hard work."

Teachers

A wheelchair can be an asset to a quadriplegic teacher. An elementary school principal says, "I find my wheelchair a distinct advantage in relating to young students, as I am now at their eye level." A junior high school teacher feels that a motorized wheelchair is not a barrier: "In fact, one student requested a motorized wheelchair one year for Christmas. I've always wondered what those parents thought. . . . I always mention the chair and the disability and the reason on the first day of school. I tell them that I have adjusted and hope that they will adjust to a teacher in a chair. Then later if they want to ask questions about the chair and my disability, I set aside a class time and let them ask."

PROFESSOR, COLLEGE. (Respiratory polio quad since 1952.) Lawrence Becker, PhD, Box 9641, Hollins College, Virginia 24020. After receiving his AB from Midland College, Nebraska, he was awarded both the Woodrow Wilson and the Danforth Fellowships for graduate study. His MA and PhD were earned at the University of Chicago. He lived in a graduate dorm; two other grad students exchanged attendant services for room rent. (Volume X, page 71.) "I am now Associate Professor of Philosophy at Hollins College and this year (1975-6) I am a Visiting Fellow in Philosophy at Harvard. My wife and I spent the year (1971-2) at Oxford, where I studied law and legal philosophy. My book was published in 1973 and is titled *Justifying Moral Judgments*. I've also published a dozen or so scholarly articles and am working on a new book this year. . . . My pride and joy is a golf cart modified with foot controls. It works beautifully for getting around campus."

ENGLISH FOR THE DEAF, UNIVERSITY. (Disabled by syringomyelia since 1945, quad since 1955.) Carol Ann Moore, 1807 25th Avenue, Greeley, Colorado 80631. "Because my disability is progressive, I was able to function fairly normally from the ages of 12 to 22. I attended high school and college; now I am working on my master's. I write a weekly newspaper column on items of interest to the disabled ranging from archi-

tectural and attitudinal barriers to state legislation. I also write a quarterly column for the newsletter published by the Colorado State Library for the Blind and the Physically Handicapped. I am co-ordinator of Citizens United for the Removal of Barriers (CURB). I teach English for the Deaf at the University of Northern Colorado."

PROFESSOR, UNIVERSITY. (C5-6 quad since 1961.) Bruce Hillam, PhD, 2524 Price Drive, La Verne, California 91750. "When I was sixteen, I dove into an eddy pool and became a quad. After finishing high school, I attended a nearby junior college, then the University of California at Riverside. The university had such a positive attitude that 25 other quads were attending at the same time. (Volumes X, pages 44-45, XII, page 20.) I received both my MA and PhD in mathematics there. I now teach at Cal Poly in Pomona. . . . Since I am 6'5" tall I bought a new 'parcel post' or 'breadtruck' type van and had a lift added and the driver's area modified so I can drive. I need about four hours' help a day and this includes all the personal care, cleaning, and cooking. I have a three-bedroom apartment and hire two part-time live-in student attendants. I am in the midst of working with an architectural student to design a house for myself."

TEACHER, HIGH SCHOOL. (Rheumatoid arthritis since age 10.) Marilyn Monako, 620 Elkins Lane, Fillmore, California 93015. "I have been a full-time English teacher since 1964. My attendant-companion drives me to and from school each day. Once in my classroom, I can propel myself. For longer distances and for tasks I can't handle, I use student help. . . . I own my home, modified only slightly to accommodate my wheelchair. I live with my companion, who handles all household duties and helps immeasurably with my extra-curricular school assignments. . . . I am deeply involved in speech and drama activities in the school and community, and my colleagues selected me as Fillmore Teacher of the Year in 1974. The daily joys, challenges, and rewards of teaching truly give my life purpose."

TEACHER, JUNIOR HIGH. (Polio quad since 1948.) Sue Thompson, 118 Ohio Street, St. Marys, Ohio 45885. "I was disabled when I was 10 years old. After high school it was a struggle to get to college as I was considered by many to be totally unemployable. I am now in the tenth year of teaching: retarded children for two years, junior high school English for eight years. In 1973, after more than two years of being a part-time night school grad student and a full-time teacher, I finished my master's degree at Wright State University. WSU has excellent facilities for the disabled. I was named an Outstanding Woman of America and received the St. Marys Jaycees Outstanding Young Educator Award."

ASSISTANT PRINCIPAL, ELEMENTARY SCHOOL. (C-7 quad since an auto accident in 1970.) Robert J. Throckmorton, 1287 Douglas Drive, Las Vegas, Nevada 89102. "When I returned to my work as an elementary school administrator, I found my wheelchair a distinct advantage in relating to young students, as I am now at their eye level. . . . I am married and have three children. . . . I have organized the Nevada Paraplegia Foundation to support research towards a cure for paraplegia." (Volume XVI, page 29.)

TEACHER, GRADE SCHOOL. (C5-6 quad since 1943.) Harold L. "Casey" Jones, 4418 Knoop Avenue, Eugene, Oregon 97402. "I have come a long way since I became a quad when I was 19. I am very lucky! I have an enjoyable occupation working with children whom I love. I have a very charming wife and we have a delightful adopted daughter and a home built for my convenience. . . . I have been teaching school since 1958. Each year since then, I have paid back more to the government in taxes than the State Vocational Rehab paid for my college tuition. . . . I think that teaching offers great possibilities for the severely disabled." (Volume IX, page 37.)

LEARNING DISABILITIES CLINICIAN. (C5, 6, 7 quad since 1955.) Alberta Spieckermann, 317 North 8th Street, Donna, Texas 78537. "An automobile accident during my first year of college. It was 15 years later that I returned to college to get a degree in elementary education with certification in language/learning disabilities. I am now an L/LD Clinician at the Easter Seal treatment center at McAllen. Teaching is really my second career. Before returning to college I edited the local weekly newspaper for seven years. I left the newspaper job to work at Easter Seals as secretary and helping with public relations. This led to going back to college to obtain a degree and more stable financial security. I drive my own car, traveling alone about 60 miles each day. I am active in a club for the handicapped and am working on my master's degree by taking night classes."

FEDERAL AIDE COORDINATOR, LOS ANGELES CITY SCHOOLS. (C5-6 quad as a result of a water skiing accident in 1969.) Phillip T. Callison, PhD, 10353 Aldea, Granada Hills, California 91344. "I have a full-time attendant who drives me to and from work in a van with a lift gate. I live with my wife and daughter. The only special equipment I have is a whirlpool bath with a lift to get in and out of the tub. . . . I will be glad to talk to any other quads who are considering returning to work."

HOSPITAL TEACHER. (Respiratory polio quad since 1948.) Lisbeth Hild, 5151 South Willow #41, Houston, Texas 77035. "I have been disabled since I was 14. I attended regular classes during high school and col-

lege. I use bi-lateral feeders, sleep in a tank respirator, and propel my wheelchair with my foot. I am employed by Houston Independent School District's Department of Special Services as hospital teacher. Many of my pupils at Shriners Hospital are from Mexico and speak little or no English. I am a "bilingual" teacher and I must teach them in Spanish. I teach others in English. I teach all grades, kindergarten through junior high school, for I am usually the only teacher assigned to Shriners. . . . I live in an apartment project for the disabled—Independent Life Styles—which has private architecturally adapted apartments, connected by intercom to the office where aides are available 24 hours a day; transportation is also provided."

CORRECTING HIGH SCHOOL ENGLISH THEMES. (Home-based; part-time.) (Polio quad.) Barbara Carter, 10531 White Oak Avenue, Granada Hills, California 91344. "The Los Angeles City Schools pays its readers \$2.60 per hour, with a maximum of 250 hours a year, and expects them to correct the spelling, punctuation, and usage in the equivalent of four to five five-paragraph themes per hour's pay. Naturally readers must be academically qualified. The tortoise-like pace of my writing is unimportant. A student courier is paid a quarter for each set of papers picked up from or delivered to the teacher. It is a pleasant way to earn a few hundred dollars a year." (Volume XIII, page 36.)

Writers

In her article, "Writing as a Career," in the 1973 issue (Volume XVI, pages 17-18), Donna McGwinn analyzes the writing field as a means of livelihood for the disabled. Would-be writers will find the article helpful and informative. Donna, a talented writer, has been disabled by respiratory polio since 1953. "Through correspondence courses at the University of Chicago, I studied exposition, logic and argument, and style. My lessons were typed by mouthstick and in two years the courses were completed. . . .

"By now I had learned there was more to the writing trade than writing. Without proper marketing you are just writing for exercise and your own enlightenment. At the suggestion of my vocational counselor and financed by the Bureau of Vocational Rehabilitation I enrolled in a local school of writing. Here I learned the basics of marketing. Briefly, they are that non-fiction is what most magazine editors want and query letters are the best way to present your ideas. . . .

"A need for a regular, substantive income would eliminate the practicality of writing as a career. But if your rich uncle supports you or you are looking for a fulfilling avocation, writing might be right for you."

TECHNICAL WRITING AND RESEARCH. (C5-6 quad since age 15.) Roger Huntington, ASAE, 322 East Green-

lawn Avenue, Lansing, Michigan 48910. "I can heartily recommend the free-lance writing business for severely disabled people who are more or less homebound. You must be able to use a typewriter—but you don't have to be able to type fast. The work does not demand a college education. (I earned my high school diploma by working at home.) It calls for a lot of reading, a lot of thinking, and a lot of hard work. I do technical writing, engineering stuff. You write what you read in books and magazines and papers—with a little personal intuitive interpretation to add flavor. I almost believe any reasonably intelligent person with enough determination could do it. And the market is huge. I put out an average of three pieces a week. Mostly I explain complex mechanical developments in the car and hot rod fields, question-and-answer columns, and various commentary columns where I interpret late developments in the car business. . . . For 15 years I worked at home then I got the bug to own and drive my own car. I bought a '63 Olds, then switched to a Toronado that I love like my brother." (Additional information: Volume X, pages 63-65.)

EDITOR, MAGAZINE. (Quad because of cerebral palsy.) Daniel A Poling II, 201 East 17th Street, Apartment 16B, New York, New York 10003. Wheelchaired and with a severe speech defect, Poling attended special schools for the first ten years. In 1960, majoring in sociology, he received a BA from Hunter College, graduating *Summa Cum Laude* and *Phi Beta Kappa*. He has done graduate work at Dartmouth College and Columbia University. He has been involved in urban sociology and youth gang behavior as well as in free-lance writing. He is married and has two step-children and two grandchildren. United Cerebral Palsy of New York City is supporting the publication, *Polling Magazine*, which he has been editing since 1974.

Profiles

Alan Arnold—Trial Lawyer

Alan Arnold is one of Cleveland, Ohio's, most successful trial lawyers. A word commonly used to describe him is brilliant, although he demonstrates many other attributes, such as humor, sensitivity, wit, understanding, and flair. This last trait, together with his dramatic motorized-wheelchair courtroom peregrinations, serve him well when he is presenting a case. Reflecting on the effect his disability has on the jury, Alan says, "I'm different. People pay more attention

Salesmen Wanted

AD SPECIALTY SALESMEN WANTED. Carmen B. Crosier, 2220 McLean Avenue, New Albany, Indiana 47150, would be interested in having other disabled individuals as sales representatives in their communities.

EQUIPMENT SALESMEN WANTED. Disabled persons with access to a reputable automotive center are wanted as distributors of wheelchair transportation equipment. Write or phone: Double D Industries, 110 Fox Hill Road, St. Charles, Missouri 63301. 314-946-7860.

SIGN DISTRIBUTORS WANTED. Roy Abell, a polio quad, manufactures and distributes changeable copy signs throughout the country. (Volume XIV, page 35.) "We have many nationally known customers. . . . We would like for anyone to write for more information on how they may purchase a basic kit to build these signs and sell them for hundreds of dollars less than almost any competition. It would require an investment of less than \$300 to get started. . . . A disabled person, who can talk to the public, can earn \$600 to \$1000 a month." Star Signs, Inc., PO Box 5341, Columbus, Georgia 31906.

Employment Wanted

SPEECH PATHOLOGIST with a master's degree in speech pathology and a BS in political science and business administration, seeks employment. Dean L. Miller, 180 West 3rd North, Hyrum, Utah 84319 (Phone: 801-245-3158). Age 28. Single. Quad because of muscular atrophy. Uses motorized wheelchair. "Objective: to gain a responsible position as a speech pathologist in a clinical setting; possibly engage in research activities. Special interests: aphasia, voice, and language. . . . Additional references may be obtained from the Utah State University Placement Center, Logan, Utah 84322."

by Donna McGwinn

to what I say. I'm a little like the 300 pound parrot. When it talked it didn't say much, but people sure paid attention."

Alan has been severely disabled since birth with amyotonia congenita, a muscle-weakening, usually progressive disease. He can use his hands and arms for a few activities, such as eating, writing, and pushing buttons on the phone, but for most other endeavors he needs attendant help. His attendant is a Pentecostal minister who has been with him nine years. He helps with Alan's morning care and drives

him to and from work. Another attendant helps in the evenings and on weekends.

The first nine years of his school life Alan spent in a special school for the disabled. There he met Loretta Silverman, who was later to become his wife. Lorry has spina bifida and moves with difficulty.

In his freshman year, Alan entered public school for the first time. This was not the only first of the occasion. Alan was also the first wheelchair student to attend Heights High, a large metropolitan school. He remembers not minding this special distinction and the resulting attention because "Everyone was helpful," and "I've always been a little hammy anyway." The experience was useful for he was later to be the first wheelchair student at Western Reserve Law School. There he graduated with the highest scholastic standing in his class.

Alan considers law a good profession for the disabled. "In law your mind is more important than your body. One can generally make a lucrative living and there are a variety of areas of specialization—tax, corporate, consumer, criminal, divorce, and others. In some corporate law positions, one can work a normal 9 am to 5 pm day. This is unusual. Most lawyers put in many more hours than that a day. Oliver Wendell Holmes made an apt observation when he said, "Law is a jealous mistress." "It's true," verifies Alan. "In his first few years of practise a lawyer has almost no time for hobbies or recreation or sometimes even his family. After he gets established and more proficient, about age 40, he can relax a little and enjoy other interests. If someone wanted to go into a less demanding occupation than law or one that required less education, tax work can be quite profitable. It's physically easy and most people are willing to bring the work to you."

When asked what problems are most difficult for a lawyer who is disabled, Alan answered, "The need for more money. Besides the attendant care that must be provided at home, additional help is needed to get to and from work, the courtroom, and other places. All this necessary help gets to be very expensive. To afford it, a lawyer who is disabled has to do a better job and make more money on his cases. For instance, if an insurance claims case has a maximum profit of \$3000, one could easily wind up settling for \$2000. To prevent that, the lawyer has to make extra effort in investigating and presenting the case so that he achieves the best results. This is how he squeezes more profit out of the case. Clients are willing to pay for good results, so superior performance increases clientele."

Alan feels there is hardly any client prejudice toward his disability. "I rarely have to put people at ease. It's a kind of reverse prejudice. People think that I must be smart or I wouldn't have gotten where I am in spite of my disability."

Confronting the question of what personality types

make good lawyers, Alan mused, "An overly aggressive person generally makes a pretty effective lawyer. A person who is disabled is likely to go one of two ways, either into inferiority complex withdrawal or inferiority complex aggressiveness. If a person has the latter reaction, he will probably be a good lawyer. It's not necessarily unhealthy to be emotionally unhealthy as long as you can recognize the condition and use the symptoms for your own benefit. For instance, the tennis star, Jimmy Connors uses his egotism and brashness to psych himself up and his opponent down before a match. He makes the most of his personality flaws."

Alan and Lorry have been married eleven years. Two and a half years ago they adopted a baby whom they named Faith. It is a rare occurrence in most states for a couple with both partners disabled to adopt a child. Hopefully, pioneers like the Arnolds will make it as natural for the disabled to be parents as the able-bodied. Anyone observing Alan's family will be convinced that love, intelligence, and responsible character are as important in nourishing and molding young lives as able bodies. Testimony to this fact can be found in Faith, a beautiful, bright, happy child who is bringing her parents much joy.

Address: November & Arnold, 336 Engineers Building, Cleveland, Ohio 44114.

Curtis Brewer—Attorney, Ombudsman for the Disabled

"As a lawyer, part of my reason for being is to represent the legal interests of the physically handicapped, their rights as human beings." This statement was made by Curtis Brewer, a C2-4 quad who became a member of the New York Bar in 1974. He is the first to join the bar without taking an exam, an exemption granted because of the probability of over-fatigue from an all-day exam and backed by several affidavits from doctors, professors and well-known lawyers testifying to Brewer's ability to practice law.

Brewer is 50, black, idealistic but realistic, innovative, energetic; married, and the father of one son. His most efficacious innovation is the founding of Untapped Resources, Inc., "a non-profit organization to help the individual cope with the intricacies and delays of governmental and business bureaucracy. It proposes to act on behalf of the individual within the growing maze of public, quasi-public and private organizations. To do so, it intends to furnish the services of a Private Ombudsman."

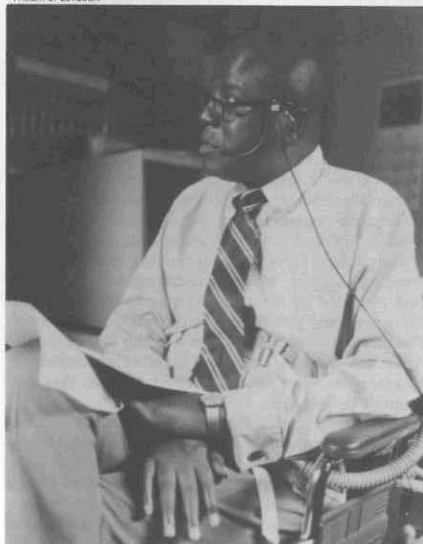
Reliant on a respirator to keep his energy at effective levels and needing assistance for feeding, personal care and all other activities, Brewer finds it easier to operate from his home. Untapped Resources also maintains a specially created mobile law office donated by the Herman Miller Research Corporation. This unit contains a separate electronic system that allows Brewer to go out into the community to meet with disabled

residents in homes, hospitals and rehabilitation facilities who find it difficult to travel to UR headquarters. Brewer can operate lights, telephones, tape recorder, intercom equipment, door buzzer and other devices through a radio transmitter and electronic computer-operated box by pressing his tongue on a touch-sensitive panel enclosed in a very small, rectangular keyboard that sits in front of him.

Brewer was disabled by transverse myelitis in 1955. His experience from that time formed his determination to do everything possible to help eliminate discrimination towards the disabled. He believes the depression and frustration with which the disabled must often live "can be either defeating or highly motivating forces to go on and really do something strong and positive."

UR is the positive effort that Brewer chose. This is an organization that aims to represent the interests of the severely physically handicapped in even the smallest of legal matters. It plans, constantly, to attempt to overcome the ignorance and/or lack of foresight which effectively denies the physically handicapped the fulfillment of the promise of equal opportunity for individual development and full participation in our society. The poignant question which UR will confront is why the physically handicapped too often constitute a class of untapped human resources.

William J. Lonsdale



Curtis Brewer, C2-4 quad, who became a member of the New York Bar in 1974, is the founder of an ombudsman service for the disabled.

UR's purpose is to persistently seek to remove or modify attitudinal and architectural barriers adversely affecting the severely physically handicapped. Legal services will be provided in the following ways: (1) by assuring that the special and collective difficulties and needs of the physically handicapped are properly brought to the attention of responsible and responsive civil leaders, legislators, government administrators and interested public and private agencies; (2) by providing administrative liaison or, when necessary, legal assistance in obtaining from the government, or from public or private agencies, benefits and services which should be available to the physically handicapped; (3) by providing general legal services related to the protection of the civil rights and civil liberties of the physically handicapped.

An example of a case that UR handled concerns that of a middle-aged client disabled by heart disease. He had been a superintendent of an ironworks firm and performed other tasks in the industry. The rehabilitation agency in his state, where funds were exceedingly limited, had rejected him as a client. UR's job was two-fold: To combat the client's fear that his eighth-grade education was a bar to his performing suitably in a clerical or administrative capacity, and, secondly, to establish in the minds of rehabilitation authorities that he had sufficient medical tolerance, experience and training to function in a sedentary job. To do this UR developed a resume of the client's experience and education which emphasized that despite his eighth-grade education the client had risen from a worker to a superintendent. The client was also urged to obtain a medical evaluation of his probable work tolerance. Having succeeded in these two objectives, UR persuaded the Federal-State Employment Service to search for jobs in terms of the client's experience in administration. An administrative position in the ironworks industry was found for him.

Operating expenses for UR will be met by soliciting funds from individual contributions, benefit concerts, private foundations, and government agencies. There is no charge for services rendered; however, when a client can afford to reimburse for expenses he will be requested to do so.

Attendant care costs Brewer \$25,000 a year. During the four years he attended law school, a major portion of his attendant care expense was paid by the New York Office of Vocational Rehabilitation. Of this expense as it pertains to thousands of other disabled persons, Brewer states, "At an appropriate time, UR will probably seek to have either Medicare or Medicaid pick up the costs of attendant care for those physically handicapped who need such care in order to be gainfully employed. Alternatively, Internal Revenue Service will have to be studied in order to provide income relief for others who do not fit in the aforementioned category."

Brewer is looking for readers throughout the coun-

try to keep UR informed as to legal problems and/or significant developments in any of the following areas: the right of equal educational and employment opportunity, adequate medical care and treatment in residential and out-patient facilities, equality of access to public accommodations, public transportation for the disabled or modification of existing systems for their use, and the right to live under conditions least restrictive to personal liberty. "More than that, there is a

need to codify this material so that it can be placed in the UR library as resource and research material. For any who live near the UR office, persons with *excellent* office skills are sought."

It would be hard to think of a better cause for which *Gazette* readers could volunteer time and funds.

Address: 60 First Avenue, New York, New York 10009.

Data Processing for the Handicapped

A cooperative effort between industry and the rehabilitation community

by N. C. Hammond

During the last three years, a demonstration project devised by the International Business Machines Corporation and supported by IBM, several states, and the federal government has established that the field of data processing provides a viable vocational path for severely physically disabled but intellectually capable persons. A computer programmer applies most of his effort to the analysis and solution of complex problems, thus capitalizing on his intellectual ability, and requires physical effort only to make notes, obtain references, and record solutions, thus minimizing his physical handicaps. The feasibility of this vocation for the severely physically disabled has been demonstrated in Virginia, using the facilities of the Woodrow Wilson Rehabilitation Center (WWRC) and in California at the Center For Independent Living (CIL). A third demonstration is in the planning stage in Chicago. For the person who can use his hands, data processing provides a further opportunity in the area of data capture—key punch, key-to-disk, key-to-tape—as has been demonstrated in Texas at the Texas Institute for Rehabilitation and Research and in Virginia at the Kecoughtan Veterans Administration Center.

At the Woodrow Wilson Rehabilitation Center in Fishersville, Virginia, a three-year project has established a continuing training program, utilizing both

conventional and advanced training techniques, which has graduated ten severely disabled persons in two classes and provided special technical training to three others. All thirteen have entered employment immediately after graduation and all have been rated from excellent to outstanding by their employers.

Technical training is not the only, or perhaps even the most, important aspect of these successful rehabilitations. All of the persons trained at this facility were provided the many other services offered by this comprehensive rehabilitation center. These include testing and evaluation, counseling, physical and occupational therapy, medical care, recreation, and the necessities of daily living. Most important, in the opinions of the project personnel, were the encouragement and support provided by the instructors and the project staff along with the promise of employment if successful. The greatest barrier to success was the fear of failure. After the trainees attained the level of confidence necessary to allow them to expect success, they just couldn't be stopped.

Basic to successful student motivation in Virginia was a firm ground rule that every trainee would have a job waiting for him when he graduated. Also essential was the necessary back-home support to enable the graduate to work at the office or at his home successfully and regularly. The job search was conducted by the project personnel with the assistance of the Virginia Department of Vocational Rehabilitation (DVR) field organization. Lists of potential employers were established and initial contact made, where pos-

Mr. Norman C. Hammond is an IBM Systems Analyst. His address: IBM Corporation—1-2K12, 18100 Frederick Pike, Gaithersburg, Maryland 20760.

sible, at an executive level. In virtually every case, management was prepared to make all possible modifications to both the work environment and work procedures to allow employment of the disabled. The students were given guidance during training with regard to employment interviews and business conduct but were then interviewed and accepted or rejected on the same basis as other applicants.

Of the thirteen persons placed during this period, four are working in their homes while the other nine commute to work. (Of these latter, one has since died from a nonrelated cause, leaving a total of twelve working at this time—of whom four are working at home.) The total of thirteen includes eight wheelchair-bound quadriplegics, only one of whom did not return to a family environment. With an established home available, the necessary back-home support consisted primarily of ensuring that transportation (where needed) was available and that both employers and employees understood each other's problems. In the case where no home was available, however, it was necessary for the DVR counselor to work with the disabled person to locate a suitable apartment, modify it as required, obtain transportation means, and arrange for on-call assistance in case of emergency. The apartment modifications included the removal of thresholds, the widening of doors, the construction of low-level shelves and counters, and the design and construction of a feasible bathtub bench to facilitate bathing. (The bath bench is described in the equipment section of this issue.)

At the Center for Independent Living, Incorporated at Berkeley, California, a similar project has been in existence for about a year. This project was designed to test and expand the concept developed in Virginia. With the benefit of the Virginia experience, the first priorities in California were established as the appointment of a project administrator and the convening of an advisory committee representing local business and industry. With both of these functioning effectively from the start, progress has been rapid. The administrator, appointed by the California Department of Rehabilitation, provides the necessary project coordination and direction, participates in all project activities, and is uniquely responsible for obtaining funding and ensuring perpetuation of the project.

The advisory committee is made up of representatives from about 15 firms. It is organized into three subcommittees—technical, business, and placement. The technical subcommittee works closely with the instructors to ensure that the training is adequate and appropriate. The business subcommittee provides student orientation to business applications of data processing by means of tours, guest speakers, and consultation. The placement subcommittee aids in preparing the student to meet the requirements of the work environment, prepares potential employers to receive

the disabled graduates, and arranges placement interviews.

The CIL/California project will graduate at least nine programmers this fall. As in Virginia, the supplementary rehabilitation services provided by CIL, and the encouragement and guidance provided by the advisory committee and the project staff, have been essential to success. One notable difference between the Virginia and California projects is the WWRC provides a residential situation while CIL has established a live-at-home type of operation. Both appear to be equally effective, each in its own environment.

In Chicago, only preliminary steps have been taken; no students are actually in training. Although in general the California pattern is expected to be followed, with a project manager already appointed by the Illinois DVR and a potential business advisory committee in the process of formation, one major difference is planned—training will be provided by existing public education facilities. This has the advantage of bringing already organized expertise and educational capability to the project, and the disadvantage of having to compete with the many other educational programs for resources and attention.

All three of the projects described above involve the training of intellectually above-average, severely physically disabled persons to become computer programmers. It is believed that the concept has been adequately demonstrated and that such programs could and should be established at additional locations to provide opportunity for qualified persons to obtain this training and to eventually achieve financial independence. Interested individuals and agencies may wish to write or visit either WWRC or CIL (or the Department of Vocational Rehabilitation of Virginia or California) to discuss the details of their programs.

In Houston, Texas, and Hampton, Virginia, projects have been established to demonstrate the desirability of data capture as a vocation for persons of lesser physical disability. The results of these projects have been less conclusive, but the feasibility of the basic concept has been established.

At the Texas Institute of Rehabilitation and Research (TIR&R) at Houston, with the support of IBM and the Texas Rehabilitation Commission (TRC), a project called the Program for Information Processing (PIP) was designed to establish a workshop within TIR&R in which disabled persons would use data-capture equipment to perform work on contract for Houston-area industry. Unfortunately, just as the project was ready to begin accepting work, the business recession struck and dried up much of the work which had previously been thought available. This project has continued, with modifications to the original concept, and now has a full-time project manager and several workers in various stages of training. In addition to establishing the workshop capability, this project has trained and

placed three persons locally and has trained one other who has moved out of state.

At the Kecoughtan Veterans Administration Center in Hampton, Virginia, a related program was established and flourished before being terminated because of lack of interest on the part of the prospective employees. IBM loaned key-to-disk equipment to the Center to test the concept of providing in-house work to veterans who are resident at this large VA Center. A work order was established between the project and the National Geodetic Survey (NGS) at Rockville, Maryland, to provide work on a piece work basis to interested veterans. By the end of the six-month test, the employed veterans were providing virtually error-free input to the NGS computers. Also, however, by the end of the test period the supply of interested, eligible veterans seemed to be drying up thus placing the long-term feasibility of the project in doubt.

Both of these projects established that persons whose disabilities allow them to type can perform data-capture work. The TIR&R project has not been able to obtain the desired dependable supply of work, while the VA Center project failed to obtain a dependable supply of workers. If both essentials can be obtained together, data capture will surely be demonstrated to be a desirable vocation for persons of limited physical handicap and normal intellectual ability.

Probably the most significant success of these sev-

eral projects has been the demonstration of the advantages accruing when industry and the rehabilitation community get together. In this case, the IBM Corporation saw a need and proposed a joint project. Several state departments of rehabilitation, and other agencies, agreed that the concept was worth testing. Joint financial and technical support was arranged, later supplemented by grants from the Rehabilitation Services Administration (RSA) of DHEW. The result has been a new demonstrated vocation for the disabled and a reservoir of experience on which to base further implementation of the concept. It is sincerely to be hoped that other business/rehab cooperative ventures will be set up to develop other vocational fields. It is certainly possible; it just needs to be done!

Inquiries regarding the Virginia project should be addressed to Mr. J. Ellies Moran, Director, WWRC, Fishersville, Virginia 22939. Inquiries regarding the California Project should be directed to Mr. John Veltton, Assistant District Administrator, Department of Rehabilitation, 1111 Jackson Street, Oakland, California 94607. A short report which describes the status as of June 1975 of the California and Chicago projects entitled "Computer Programming Training and Placement for the Severely Physically Handicapped" has been provided to the Rehabilitation Services Administration of DHEW under Projects With Industry Grant No. 26-P-60319/3-02.

Education

Home-Based Education

Innovative Educations

As never before, colleges are making their facilities inviting and available to the community at large, reaching out to the housewife or the man who must maintain a job while studying. These innovative options are ready-made for the disabled person who wishes to study at home while rehabilitating or ruminating.

THE COLLEGE LEVEL EXAMINATION PROGRAM permits one to cut college time by demonstrating knowledge of a subject through an examination. For details: CLEP, College Entrance Examination Board, Box 2815, Princeton, New Jersey 08540. CLEP exams are given monthly for a fee at 800 different locations through the United States. More than 2000 colleges and universities grant credit toward degrees to those who score high enough on tests.

UNIVERSITY WITHOUT WALLS. This program, which originated in England, grants credit for past learning

experience and credit through various courses of studies. This, too, was planned for nondisabled but well suited to the disabled. For information and names of participating colleges, write: Union for Experimenting Colleges, Antioch College, Yellow Springs, Ohio 45387.

COLLEGE BY TV—UNIVERSAL COLLEGE PROGRAM. A fully accredited two-year Associate of Arts degree may be earned from home by using video cassettes played back through an ordinary TV set. Workbooks and telephone teaching assistance provide additional help. Among the pioneers of this program: Azusa Pacific College, Highway 66 at Citrus Avenue, Azusa, California 91702.

COLLEGE BY NEWSPAPER. Hundreds of newspapers across the country are participating in their second year of publishing a series of 20 college-level articles. Newspaper readers may monitor the course or receive college credit by registering with a local affiliated college, paying course fees, and participating in two discussion classes. The series has triggered community study groups nationwide.

Relevant Publications

- "Careers for the Homebound. Home Study Opportunities." Free from: The President's Committee on Employment of the Handicapped, Washington, DC 20210.
- "Directory of Accredited Private Home Study Schools." Free from: National Home Study Council, 1601 Eighteenth Street, NW, Washington, DC 20009.
- A *Directory of US College and University Degrees for Part-Time Students*. \$1.95 from: National University Extension Association, One Dupont Circle, Suite 360, Washington, DC 20036.
- "A Guide to the Advanced Placement Program." Send a self-addressed, stamped business envelope to: College Board Publication Orders, Box 2815, Princeton, New Jersey 08540.
- Regents External Degree Program, 99 Washington Avenue, Room 1924, Albany, New York 12210. Under

Opportunity For The Disabled: The Community College

by Jim Tuscher

The opportunities available at community junior colleges are not utilized by the disabled as much as they might be. The fact that many community colleges were built in recent years means that they are generally much more accessible than four year colleges and universities.

Most junior colleges operate on an open-door admission policy. That is, entrance exams are not required. (Enrollment in specific programs is based on assessment of the student's potential and background.)

The role of community colleges is to serve the needs of their local areas. Therefore, they offer a variety of programs which equip the students with skills which are salable in the immediate community. In addition to technical programs, community colleges offer four year college and university transfer programs which make it possible to complete the first two years of academic work toward a four year degree in your home area. Courses ranging from photography to assertiveness training are also featured.

the program students may be granted degrees in any state via correspondence study.

- "Five Federal Financial Aid Programs." Request by postcard from: U.S. Office of Education, Room 1069, 400 Maryland Avenue, SW, Washington, DC 20202.
- "Get Credit for What You Know." 25¢ from: Consumer Information, Pueblo, Colorado 81009. Details of how to get high school and college credit without formal training.
- "Accessibility of Junior Colleges for Handicapped." A survey by the Education Committee of the President's Committee on Employment of the Handicapped and available free from PCEH, Washington, DC, 20210.
- "1975 Catalog of Publications." Free from B'nai B'rith Career and Counseling Services, 1640 Rhode Island Avenue, NW, Washington, DC 20036.

Because of the wide variety of both students and programs, vocational counseling is available to help students find appropriate and satisfying courses of study. Financial aid is available for those demonstrating need as is true at 4 year institutions. Also, Vocational Rehabilitation provides assistance to students with physical or psychological disabilities who are judged to be capable of benefiting from education. If the services mentioned here are not made available to you upon request, they should be demanded. If your community college is not accessible, demand that it be made accessible. If Vocational Rehabilitation won't serve your legitimate needs, demand that it do so. You are part of the reason the community college was established and Vocational Rehabilitation was created. Demand that these institutions carry out their mission. It is your right and their duty.

Jim Tuscher, a paraplegic, is a counselor at Forest Park Community College, St. Louis, Missouri.

The Telephone: A Genie of Services

DIAL A CLASS. In the early sixties education by telephone was set up for individual students who were either temporarily or permanently disabled. The equipment, an electronic intercommunication unit, was developed by Executone, Inc. and furnished by

the Bell Telephone System and independent companies. The student could hear the lectures and discussions in the classroom and could be heard by the teacher and other students. Volumes V and X of the *Gazette* included a number of examples of students

who "attended" school by phone from grade school through law school. For many it was the vital "bridge" from isolated home tutoring to attending college in person.

Recently, similar equipment is being used to service not only individual adult students but groups of students. In Los Angeles, for instance, the Division of Career & Continuing Education of the Los Angeles Unified School District is now offering tuition-free classes by telephone to more than 500 disabled adult students. Since the program was initiated in the spring of 1973, adults ranging in age from 18 to 80 have participated from their homes, convalescent homes, and hospitals.

Individuals use an ordinary phone or headset; groups of students use a speaker phone. The teacher dials the telephone number, using a dial cord, and the students are immediately piped into the class. There is communication between the teacher and the students as they hear each other, listen, and carry on discussions, ask and answer questions. The classes are conducted in the late afternoons after school and in the evenings. Currently, there are 14 teachers with the program.

The courses offered appeal to a wide range of interests. They include: American Literature, California History, Geology, Home Gardening, Music Appreciation, Shakespeare, Science and the Space Age, Mathematics Review, Spanish for Travelers, National Parks and Monuments, and United States History. Several classes have been added to interest those employed in convalescent homes and hospitals. These include Medical Terminology and Conversational Spanish. The classes are available for no credit or for credit toward a high school diploma.

For further information and a catalog of courses, write to: Miss Leila Michaels, Administrator, Belmont Community Adult School, 1574 West Second Street, Los Angeles, California 90026.

DIAL A CAREER. Since 1972, the National Institute of Education has been funding the pilot Home and Community Based Career Education Project to prove that it is possible to set up telephone guidance programs in communities nationwide to help those whose activities must be home-based.

The program is set up in a community by placing ads in the local paper inviting individuals to call for help if they are "homebound" and puzzled over future career plans. When a homebound mother calls about planning a career, she will not get a taped message. She reaches a real live voice that asks questions and advises that a counselor will call back for a conference. The counseling involves a few or many sessions, occurring over a period of weeks or months.

In Providence, Rhode Island, for example, some 5000 persons have called the career help number. Their ages range from 16 to 70. Most are female, between

the ages of 24 and 35. The nine counselors trained for the service range in age from about 20 to over 60. One is male. Supervised by experienced guidance professionals, each counselor deals with a caseload of 60.

Most of the clients for the free service share similar needs. These include: a better understanding of their own abilities, interests, values, and goals; facts about job trends, opportunities, and requirements; information about education and skill training opportunities; information about services in career-related problem areas, such as financial support, discrimination, child care and testing; and help in planning and implementing career plans.

While the program was originally geared to help the able-bodied "trapped" housewife, it has possibilities for the disabled, not only as recipients of the services but as counselors. More information about the free career education project can be had by writing to: Education Development Center, Inc., 55 Chapel Street, Newton, Massachusetts 02160. The free booklets are treasures of information!

DIAL A HEARING TEST. The Chicago Hearing Society is offering Fone-A-Test, a new service through a grant from the Beltone Crusade for Hearing Conservation. The hearing test, available 24 hours a day, seven days a week, lasts less than two minutes and can give a good indication of a person's hearing ability. The test consists of introductory instructions which require callers to listen to four musical tones with each ear, and a concluding explanation that if listeners did not hear all eight tones, they may have a hearing problem. They are referred to the Hearing Society whose phones are covered by volunteers to answer the most common questions concerning the test. The test phone number is 591-3046.

DIAL FOR SEX INFORMATION. In Los Angeles, the Sex Information Helpline operates three nights a week under the direction of a health clinic. Calls are answered by nine unpaid, trained volunteers. Calls to the eight women and one man include inquiries on everything from childbirth to incest. Most callers range from the early 20's to the mid-40's. About 80 percent of the calls are from men; their questions center on relationships or feelings about their own sexuality. The questions from women are of a more informational nature. According to the administrator, "There's a desperate need for a service of this type. There aren't too many places people can go to get help and answers about their sexuality and sensuality and still maintain their anonymity."

DIAL A COUNSELOR. A free emergency telephone counseling service, Contact Teleministries, USA, Inc., is available in 67 cities in the United States. The service is part of a worldwide movement called Life Line International, which operates similar services in Aus-

tralia, Canada, Japan, Korea, New Zealand, South Africa, and Taiwan.

Contact Teleministries is sponsored nationally by Baptist, Church of God, Episcopal, Methodist, and Presbyterian denominations. In many cities other denominations are also active participants.

The "hot-lines" are church-related but clergymen do not answer the phones. Each of the centers in a major city is staffed 24 hours a day by approximately 100 volunteers, who take turns sitting by the phones after 50 hours of training. Their purpose is to provide a compassionate, non-judgmental listening ear, to befriend the lonely and troubled, to be available in crisis situations, to prevent suicide, and to refer persons with specific problems to whatever agency can best help them.

Though not planned for the disabled, there are possibilities for the disabled both as counselors and as callers seeking assistance. Many of the centers are making an effort to have their offices in accessible

locations; some of the centers offer teletype services to the deaf. Most of the centers are listed in the phone book as Contact, though some have names such as Milwaukee's Dial Now or Los Angeles' Helpline Contact Clinic. For the name of the nearest service and more information, write to the national headquarters: Contact Teleministries, USA, Inc., 900 South Arlington Avenue, Harrisburg, Pennsylvania 17109.

COUNSELING BY PHONE, TAPE, OR LETTER. Confide, a personal counseling service, was formed in 1971 to serve people who want help but not psychiatry. The methods used—cassettes, letters, and telephone recordings—are particularly suited to those who do not get around easily. The director, Garrett Oppenheim, states, "Though our fee is modest by today's standards, we'll always try to adjust it for any handicapped person who finds it a hardship." For a brochure and further details, write: Confide, Box 56, Tappan, New York 10983.

Multiple Sclerosis *It Sneaks Up On You*

by Dick Farr

After graduating from college, my wife and I set out for California, the two of us and most of our worldly possessions crammed into a small sports car. We were heading for Stanford University where I was going to do my graduate studies. The world was our oyster.

After a year at Stanford, I got my MA and MS. The MA was a master's degree, the MS wasn't.

It sneaks up on you—the MS, that is. Mine started with two numb fingertips. After being checked all over by Medical Doctors, rubbed and pricked and scratched, they sent me to a "shrink"—a psychiatrist. I had a few visits with him and then a return visit to the neurologist elicited the diagnosis multiple sclerosis. As damning as that sounds, it was a relief! To finally know what my enemy was. I could stop seeing the shrink, anyway.

Dick Farr has been disabled by multiple sclerosis since he was a graduate student at Stanford. After five years as a semi-hermit, a broken hip turned his whole life around. He is now working on his PhD dissertation, doing a weekly radio program, and coordinating the disabled student program at De Anza Community College. He is married and has three sons. Address: 3897 Corina Way, Palo Alto, California 94303.

Doctors have different styles and when my first neurologist left town, his replacement told me I didn't have MS. He hated to lay that kind of a diagnosis on a patient without substantial proof. Back to the shrink! All the uncertainty and frustrations returned. A few months later the original diagnosis was reinstated. I stayed at Stanford for one more year and convinced my wife that she ought to return to school for her master's degree. It was one way of protecting us in the event that MS rendered me helpless. Although she denies it, I distinctly remember her telling me, "All right, dammit, if I have to go back to school, I'm going someplace I've always wanted to go—Hawaii." Luckily, the University of Hawaii offered a masters degree in social work and I was fortunate enough to get a job as Promotion Manager for a radio/TV station there. It was a glorious two years; my wife got her MSW, I enjoyed my job, my first son was born and the MS, though annoying, was not too dysfunctional.

After returning to the mainland, I resumed my pursuit of a PhD in Communications Research at Stanford. It was then that my MS really made its presence known. The nickel's worth of MS, which I'd been told I had, seemed like a fortune. I began to use a wheel-

chair for outdoor ambulation and a walker around the apartment. More important, perhaps, than my physical condition, however, was the deterioration of my self confidence and mental state of well being. In short, I became a "closet cripple." I stopped driving, let my license expire, rarely ventured outside, avoided doing any handwriting, and even drank virtually no liquids at all because of the nuisance of going to the bathroom and fear of socially embarrassing incontinence.

For about five years, I led the life of a semi-hermit. I got out only in the company of family or friends. My tolerance for dependency on others knew no bounds. I asked my wife to cut up my meat for me and in restaurants became very big on shish kebabs with their bitesized pieces. I bathed only with assistance. I wrote checks using a typewriter because I was unnecessarily self-conscious about my handwriting. In sum, I really hit a personal low point. Even the birth of two more sons did not buoy my spirits much.

Multiple sclerosis really puts a heavy strain on a person. Especially in the early stages when you're ripe for such stories, the month doesn't pass that you don't hear of a new cure for MS. I probably tried a half dozen of them myself. The spontaneous remissions help keep the false hopes for total recovery alive as well. Another thing are the "don'ts." They tell you: Don't get overtired! Don't get exposed to any germs! Don't get cold or wet! Don't get emotionally upset! Don't! Don't! Don't! You might as well stop living altogether.

Let me tell you about a few "Do's" that I've been doing in the scant two years since I came out of the closet. I'm working now as an Enabler at De Anza Community College helping to coordinate the program for physically limited people. I do a weekly radio program called "Synthesis" aimed at the handicapped subpopulation. I am working on my PhD dissertation again, dealing with how people with disabilities get helpful information related to living with a disability. I'm driving all over the place now and even take the three kids to do the weekly grocery shopping. I get "pooped." The older two boys bring every germ known to modern science home from school. On a ski trip with my students from De Anza last winter, I got both cold and wet. And in getting a new program like the one at De Anza going, not to mention "Synthesis", getting emotionally upset is par for the course.

But you know what? I never felt better. I'm sure there are just as many cures and diets for MS as there ever were, but I don't have time for them. I also don't have time to worry about every new twitch or itch or attach any great significance to them. And, most importantly, my head has turned around. Instead of what *can't* I do, I think in terms of what *I can* do.

With MS, rarely does one go through a rehabilitation center. So the patient remains ignorant of the many devices and tricks which make life as a "cripple" easier, even enjoyable at times, and certainly worth

living. It is this ignorance which makes accepting multiple sclerosis so difficult.

It took a broken hip for me to do it and look how my whole life has turned around. I hope other people with MS can accept their disease more quickly and more easily than I did.

Stop searching for cures. Stop waiting for remissions. Live today to its fullest. You'd be surprised how many of your problems are of your own making and in your own head! Realizing that will make many of them disappear.

The New Medicine

by Selma Sack

"It can't be true. It just can't be true." Mom kept repeating over and over again.

A visit to the doctor's office earlier in the day to get my final diagnosis made my Mom and me very sad. I was trying to discover just what made my walking so wobbly and why I tripped and fell so very often. The doctor told me I had multiple sclerosis, a progressive, crippling disease which would leave me permanently disabled.

I had never heard of multiple sclerosis, and neither had my mother. My mother was born in a small village in Russia. Most women of that era in Russia were denied an education and therefore cherished, retained, and passed on remedies and superstitions of centuries past. Midwives were consulted since doctors lived days of travel away in big cities.

Mom had been muttering to herself. Suddenly she grabbed my arm and said, "Doctors don't know everything. I remember the time a midwife in Russia helped cure your sister of rickets. Maybe the same medicine will help you."

"So go ahead tell me about it."

"Pig soup."

"But, Mom, that's not kosher."

"For medicine it is permitted to use a pig."

I consented to give it a try. After all, miracles do happen.

Early the next morning Mom propositioned a non-Jewish neighbor to help perform the miracle. The neighbor agreed. She hurried to the market early the next morning to buy a fat, juicy, baby pig. She cooked the piglet in her apartment, boiling it about three hours. The deal was that the neighbor could have the pig but the soup was for me.

Meantime, Mom closed all the windows in the apart-

Selma Sack and her husband, Bernard, are wheelchairbound by multiple sclerosis. After living in Mexico for many years, they have recently moved to a garden apartment in El Cajon, California.

ment and when the neighbor brought in the kettle of odorous soup Mom stuffed newspapers under the door. Heaven forbid, the smell of pig escape from a Jewish home. That would really be a catastrophe.

The greasy soup was poured into the bathtub and I sat in this mess for two solid hours. As it cooled it congealed. I sat in the tub and tried to read a book, but mostly I wondered, "Why am I sitting here? Why are my feet and my legs getting stiff?"

I could hear my Mom and neighbor talking in the kitchen while they waited for me to walk in. At last the required two hours passed. They were both so terribly disappointed when I had to ask for help to get out of the tub.

Mom scrubbed the tub and I took another bath, with hot soapy water. I am sorry to say no miracle occurred.

I went to bed early that night feeling very tired and blue. During the night my Mom came into the room, waking me from a sound sleep.

"Simmie, Simmie get up. I know why it didn't work. It has to be a stolen pig."

"Oh, no," I moaned.

ED: *People at Work. 50 Profiles of Men and Women With MS.* All chapters of the MS Society in the US were asked to submit case histories of people at work. These are the 50 that arrived. They are attractively presented in year-book style, with photos and thumbnail job sketches. Available from: The President's Committee on Employment of the Handicapped, Washington, DC 20210 or The National Multiple Sclerosis Society, 257 Park Avenue South, New York, New York 10010.

MS *Patient Service News.* Triannual newsletter. National Multiple Sclerosis Society (address above).

MS *Canada.* Quarterly newsletter. Multiple Sclerosis Society of Canada, 1220 Yonge Street, Toronto, Ontario M4T 1W1, Canada.

MS *News.* Quarterly magazine of the Multiple Sclerosis Society of Great Britain and Northern Ireland, 4 Tachbrook Street, London, SW1V 1SJ, England. Price: £1.50 per year.

You Can Do It From a Wheelchair. By Arlene E. Gilbert. The author, wheelchair by multiple sclerosis, shares her experiences in child care, homemaking, and general living. 1974. Arlington House Publishers, 81 Centre Avenue, New Rochelle, New York 10801. \$6.95.

Books

Adventure In A Wheelchair

By Ida Daly with Hazel Flagler Begeman. Whitmore Publishing Company, Ardmore, Pennsylvania 19003. 1973. \$3.50. Easy reading with many illustrations written by the sister of this remarkable woman. Daly is the inspiration and prime mover for the first high-rise apartment designed especially for the disabled. This was a spin-off of the Seattle Handicapped Center, another development for which Daly was the catalyst. It is one of the few to be both financed and operated by the disabled themselves.

Born in 1901, Daly experienced the first signs of muscular dystrophy at age four. Life became increasingly difficult, but she managed to get educated, travel, marry and paint lovely pictures. A busy, interesting woman.

A Caste of Heroes

By Lona B. Kenney, Dodd, Mead & Company, 79 Madison Avenue, New York, New York 10016. 1966. \$4.50. A group of men in the paraplegic/quad ward of a veterans hospital struggle, laugh, despair, curse and sometimes die in a drama familiar to any reader who has spent many months in a corresponding situation. Every issue and concern is treated here, no matter how delicate; for instance, the jubilation attending a normal bowel function, or an orgasm.

by Donna McGwinn

The book is fiction, but like most fiction has truth as a base. Kenney has volunteered in a veterans rehabilitation hospital and her husband is a doctor.

Coping with Disablement

By Consumer's Association, 14 Buckingham Street, London WC2N 6DS, England. This is an extensive and helpful handbook that covers every conceivable problem of the disabled in everyday living. Although the research was done in England and some of the solutions available only there, most of the ideas are universally applicable.

The best way to maneuver in the kitchen, bathroom, and bedroom, advice on floor coverings, alarm systems, transfer aids and types of wheelchairs, and lists and descriptions of organizations and books to help the disabled are part of the contents. Research was done among the disabled, doctors, physiotherapists, occupational therapists, designers, and charitable and government organizations. A very valuable book of

Donna McGwinn has been a respiratory polio quad since 1953, dependent upon full-time aid and typing and writing with her feet. She studied the art of writing via correspondence courses from the University of Chicago and has had articles published in national magazines. Address: Box 267, Grand River, Ohio 44045.

information to make life more functional, comfortable and safe.

Disability in Antiquity

By Fareed Haj. Philosophical Library, Inc., 15 East 40th Street, New York, New York 10016. 1970. \$6.95. A study of the medical and social causes of disability in the Near East during the Middle Ages. It includes information about disability in Medieval Europe which was behind the Near East in such fields as medicine.

Handicap Race

By Dorothy Clarke Wilson, McGraw-Hill Book Company, 1221 Avenue of the Americas, New York, New York 10020. The true story of Roger Arnett, an outstanding track runner before the auto accident that paralyzed him from the waist down. Not much was known about paraplegia at that time, but Arnett survived to become one of the pioneers in living a normal life. He marries, becomes the father of 3 adopted children, farms and markets five acres of gladiolas, works in a factory and finally, to culminate a lifelong ambition, becomes a Methodist minister specializing in ministry to the disabled. This is a warm, moving book.

Happy Issue, My Handicap and the Church

By G. Janet Tulloch with Cynthia C. Wedel. Seabury Press, Greenwich, Connecticut 06830. 1962. \$3.00. "Quite often the Church is, for the badly disabled, the first real channel of social intercourse with normal people." This is one of the conclusions made by the author after 35 years of living with the disablement caused by cerebral palsy. She is grateful not only to the Church itself, but to the lessons of Christianity. Through its doctrine of forgiveness, she learned self-giveness and self-acceptance which could then be reflected by, and imparted to others.

Despite its initially puzzling title, this book has a good deal of wisdom and practical pointers from the author's own and others' experiences.

The Lionhearted

By Harriet May Savitz. John Day Company, 257 Park Avenue S., New York, New York 10010. 1975. \$5.95. Hot off the press, this is another of Savitz's easy-reading novels about young adults who happen to be disabled. It is almost dreamily unrealistic, but fortunately, not quite. The reader ends really believing the girl in the wheelchair captures the love of one of the best-looking, most popular boys in high school. It deals honestly with all the problems involved in such a relationship, such as parental disapproval of a child dating someone who is disabled and the uncertainties of the couple themselves.

A parallel theme is the affinity and rapport between those with obvious handicaps. It is the evolution of a deep friendship between the heroine and a girl who is unhappily overweight.

People Will Always Be Kind

By Wilfrid Sheed. Farrar, Straus and Giroux, 19 Union Square West, New York, New York 10003. 1973. \$7.95. An earthy novel about Brian Casey whom some reviewers think resembles the late Franklin D. Roosevelt. A teenage boy gets polio, spends some time in a place similar to Warm Springs, Georgia, and going to quack doctors, winds up in braces and crutches, goes through the traumas of adolescent adjustment to disability and life, becomes United States Senator from New York and a promising candidate for President.

This is a brilliant character portrait of the effects of disability on the emotional and behavioral patterns of a human being.

Stars In My Eyes

By Jean Alice White, Branch-Smith, Inc., P.O. Box 1868, Fort Worth, Texas, 76101. 1974. \$5.95. This author, who has muscular dystrophy and spends most of her time in a wheelchair, loves show business and tells what some movie and television stars are really like and how to go about meeting them.

To Race the Wind

By Harold Krents, Bantam Books, Inc., 666 Fifth Avenue, New York, New York 10019 (paperback). 1973. G. P. Putnam's Sons, 200 Madison Avenue, New York, New York 10016 (hardback). 1972. This book is terrific! I laughed, and cried, learned a lot about what it is like to be blind, and became a fervent admirer of the author. While the problems of the blind are different from those of the orthopedically disabled, the difficulties of coping physically and emotionally in a world designed for the nondisabled are similar. This autobiography is full of hilarious and tender experiences. The title comes from Krents' freedom as a child to run down the street racing the wind, even though he ran into fire hydrants, trees and telephone poles, so he would learn to be independent.

While in the first grade Krents organized the first pee-in in rebellion against a teacher who shook him when he asked to go to the bathroom, then graduated to such daring adventures as driving a careful of inebriated friends, water skiing with only 10 minutes preparation and being a catapulted blocker in football. He inspired the hit Broadway play by Leonard Gershe, *Butterflies Are Free*.

We Live with the Wheelchair

By Betsy Jordan Edgar. McLain Printing Company, 212 Main Street, Parsons, West Virginia 27287. 1970. \$5.00. Betsy Edgar writes simply and unsentimentally about life with her double amputee husband, Tom. He had one leg amputated above the knee and the other below as a result of World War II injuries.

Tom adjusts to his disablement with Betsy's help and they begin their new life on his father's farm. This

have two children and engage in busy, active lives. He is elected to seven terms as a representative to the West Virginia House of Delegates where he sponsored and got passed a bill to eliminate structural barriers in all new buildings constructed with state or federal funds.

The foreword is by Pearl S. Buck.

Your Body and How It Works

By J. D. Ratcliff. Reader's Digest Press. \$8.95. 1967-75 Copyright. There is no human being who would not benefit from a better knowledge of his body and its function. In a unique perspective, Ratcliff writes from the view of whatever organ or body part he is delineat-

ing in Joe and Jane, an imaginary middle-aged couple. There is something engaging and especially enlightening about having parts of your body assume personalities and begin describing their purpose and function. Ratcliff writes simply, briefly, humorously and accurately. Part of the book was published as a series of articles in *Reader's Digest*. It was the most popular series of articles to run in any magazine as evidenced by the number of requests for copies.

Many scientists and doctors have approved the authenticity of Ratcliff's facts. Dr. Howard A. Rusk, Director of the Institute for Physical Medicine and Rehabilitation, writes the foreword. A book exciting in its wealth of information and easy, personal style.

Friends Around the World

"I am a C2-3 quadraplegic as the result of diving into a swimming pool and hitting another swimmer. I have been paralyzed for twelve and a half years. I live in Auckland Hospital and am under the care of Mr. Philip Wrightson.

"I have been a mouth painter for eleven years, and belong to the Association of the Mouth and Foot

Artists, which pays me a monthly salary. This enabled me, with the help of the New Zealand Government, to purchase my own home, which I go to at the weekends and Public Holidays. I cannot live at home during the week because my girl friend (who looks after me) is working and is only free at the weekends. I am not in a financial position to employ an attendant to look after me during the week.

"I have recently purchased a van which has a hydraulic lift. This now enables me to go out during the evenings and also to go home and to places outside Auckland. My new van means I will be able to extend my painting activities." *Bruce Hopkins, Auckland Hospital, Ward 33, Park Road, Auckland, 3, New Zealand.*

"Last October I attended the world exhibit of the International Association of Mouth and Foot Painting artists in Buffalo. I have a 16 mm color-sound film showing these artists at work—including me—to lend free. It is 28 minutes long. Believe me, it is a fantastic and inspirational film. I will 'book' anywhere needed (by mail or in person). Also in October Governor Evens bestowed on me a plaque for my avid support of the handicapped causes. I love people, enjoy helping. Our Arthrogyriosis Association is adding new members monthly." *Viola M. Hamby, 3204 K Street, Vancouver, Washington 98663*

"I have been a quad 15 years, and I only just discovered *Rehabilitation Gazette*. I was impressed with your magazine, especially the information on new laws and the books and booklets, and Potpourri sections. I just wish I'd heard of you all sooner. Why don't you put something in your next issue asking the many NPF and PVA chapters to put a few lines about your magazine in the local newsletters. That way it might



New Zealander Bruce Hopkins, C2-3 quad, and his girlfriend. "I have been a mouth painter for 11 years and belong to the Association of Mouth and Foot Artists, which pays a monthly salary. This enabled me to purchase my own home and van."

not take 15 years for some other quad to get the word." *John D. Croghan, 6826 Westlake Drive, Indianapolis, Indiana 46224.*

"The Singapore Handicaps' Friendship Club, founded in 1969, is actively involved in providing welfare and modern rehabilitation services for the disabled through training and education which could assist them to regain their rightful role in Society. The committee has been aware for some time of the need to provide members and the public with some news of the handicapped people in other countries. Plans are presently being finalised to produce a monthly publication for the disabled in Singapore." *Max Lange, Publications Officer, Box 24, Singapore Council of Social Services, 11 Penang Lane, Singapore 9.*

"I want to correspond with another disabled housewife of my age (28 years); my disability is rheumatoid arthritis. I am interested in sociology, psychology, and the humorous side of life." *Linda E. McCrary, 13408 Burton Street, Panorama City, California 91402.*

"Japan Abilities Association is a non-profit organization working for rehabilitation of the handicapped and has an extensive sphere of influence all over the country. In July 1974 it held the first exhibition of rehabilitation equipment for the disabled in Tokyo. . . . The Association holds an annual national convention, conducts marriage and employment counseling, and has an arts and crafts club, a sports club, and a ham radio club." *Hiroyasu Itoh, president, 5-17-3, Yoyogi Shibuya-Ku Tokyo, 151 Japan.*

"I am very interested in meeting other 'Little People' to share interests and problems, especially the purchase of clothing for 'Little People' and possibilities of driving a car." *Mary F. Stoecklin, 3421 McKean Ave., St. Louis, Missouri 63118.*

"I am a T4 paraplegic, age 28. I have been in a wheelchair now for 10 years. I do not work, but I have put life in my hobby, Ham Radio, and I do research into propagation of the Earth and Sun and Antenna Design. So my time is very taken up." *Bryan Hartley, Westdene, 23, Hastings Road, Thornton-Le-Fylde, Lancashire, England.*

"A Czechoslovak art lover, admirer of modern Mexican mural paintings, seeks a pen friend in Mexico City, who knows English, is proud of modern Mexican art and architecture, and would be interested in Czechoslovak culture." *Mr. Alois Wokoun, Sidl. Dablice A 6 - 473, 182 00 Prague 8, Czechoslovakia.*

"I greatly would appreciate if one of the readers would like to exchange ideas and experiences. I came to Canada about 5 years ago. My mother tongue is Dutch, but

I would prefer to correspond in French. I am 48 years of age. I just completed high school at evening class. I like to read and travel. I collect stamps for relatives, friends, or future correspondents. Since I work at the university as a maintenance worker I find stamps from all over the world." *R. van de Riet, P.O. Box 35423, Vancouver, British Columbia, Canada V6M - 4G8.*

"I have been a respiratory polio quad since 1953. I am 27 years old. Do you have a list of people like myself whom I could write to?" *Daniel R. Vachon, 76 Indigo Hill Road, Somersworth, New Hampshire 03878.*

"My book, *Atlantic Rendezvous*, will be published in paperback on the 3rd of May, 1975, by Futura Publications Ltd., the paperback division of the British Printing Corporation. Please spread the word around as much as possible." *Bill Murray, Ballure, The Glen, Ramsey, Isle of Man, British Isles.*

"My hobby is the study of new cars. I use a wheelchair because of cerebral palsy. My parents are both dead and I live in a boarding home." *Bill Garrison, Route 1, Box 1-B, Burlington Junction, Missouri 64428.*

"I'd like to write to others like me, but I don't know anyone to write to. I'm 39 years old and I've been disabled close to 20 years. Some of the things I have done no one else would think it true except another disabled person. I like TV watching, reading, and helping other people. I also like to work with my hands making things and some church work. I can't use the lower part of my back and my legs, but I have full feeling in them. . . . To some people in Canton I'm a real barbarian, except that for real I'm a very lonely person." *Orrville White, 510 Henderson Avenue, Canton, Missouri 63435.*

"Wishing to talk with other handicapped people in many countries, I obtained ham license and I found your *Gazette* to be helpful and thank you. I work on 21MHZ, that is 15 meters, telephone band. Can I phone-patch to St. Louis? Please tell me the callsign who phone-patch to you. . . . I am retired from the bank last year and am living alone most of the time in this newly built mountain retreat fully independently. I visit my family in Tokyo twice a month and my wife visits me once a month." *Naoyuki Ishizaka, Kanozan-Jishudai, Futsu 299-16, Japan.*

"On September 27, 1975 I had a 62nd birthday party given to me and about 70 of my fellow residents at the Valley View Nursing Home. The man who gave the party was Ray Kroc, who founded the McDonald restaurant chain; I have never met him but we have been corresponding for 10 years. . . . I have been paralyzed since 1959 when a drug addict threw me out of the second floor window of the hospital where I worked in

Chagrin Falls." *Billy Timm, Valley View, 721 Hickory Street, Akron, Ohio 44303.*

"I became a L2 paraplegic two years ago, on account of an accident while driving a police land-rover of which I was a member in this country. . . . I came home from Mona Rehab in Jamaica before I was properly rehabilitated and ever since my main problem is that I am always constipated. I would like to correspond with people in this condition who may be able to give me some advice. I am 25 years of age." *George Wade, No. 10, Santa Barbara Street, Belize City, Belize, Central America.*

"After a long time and a lot of thought and prayers, I've finally had both hips replaced this year and they are coming along beautifully. . . . Previously it had been 39 years since either of my hips had moved—even slightly. . . . I also had the metatarsal joint removed from each toe so now I can wear even brand new shoes comfortably. . . . Next year I am going to have a new replacement in my right elbow. . . . If anyone else needs to be encouraged, as I did, I say, Get a

good surgeon and go to it. It is certainly worth it. And if anyone has any questions I'll be glad to 'tell all' and answer as many as I can." *Pat Sibley, 9679-46th Street, SW, Seattle, Washington 98136.*

"In the 1974 edition, there was a listing of an epileptic in India, who wanted to contact other people handicapped by their disability. I am handicapped by it and am trying to contact other epileptics as I am forming a non-profit organization to start a training and employment program for them. I need other people handicapped by this to collect trading stamps, coupons, labels, etc., also to do fund raising. My goal is to make it an international organization for these purposes." *David R. Cunningham, Box, 294, Camp Douglas, Wisconsin 54618.*

"I am 30 years old, disabled by arthritis, and interested in everything from sports, politics and music to reading and free-lance writing. I will correspond with anyone who writes." *Tom Davis, 942 Kenwood Road, Drexel Hill, Pennsylvania 19026.*

-Lest We Forget. . .

1947—Ground Work in Rehabilitation With Dr. Rusk

by Florence J. Terry

"If you don't find it at Bellevue, you won't find it anywhere!" The interns at New York City's Bellevue Hospital liked to say.

The longer I worked there the better I understood what they meant. The saying applied to diseases as well as to nationalities. Sometimes it was difficult to tell where a patient was hurting because of the language barrier, but there was usually somebody somewhere in the hospital who could translate.

My stay at Bellevue was about a year in 1947. My job was to help set up the first civilian rehabilitation department in a general hospital in the United States. I was later responsible for the nursing care. I got the job because I had a letter to Dr. Howard A. Rusk, instigator of rehabilitation in the U.S. Air Force. He was about to set up his first civilian wards at Bellevue Hospital and I arrived in New York City at the strategic time to help him. My training in occupational and physical therapy as well as in nursing proved useful.

Two wards in the old part of the hospital were set aside for our use. They were on the East River with balconies overlooking the constant busy river traffic. On warm days it was a favorite place for patients to sit.

The dingy old wards were completely redone. An interior decorator friend of Dr. Rusk's brightened them with pastel colors and hung them with colorful prints. We tried to get away from the hospital atmosphere.

As we had to wait for about a month while the wards were being redecorated, I spent the time working on the mens' orthopedic ward at Bellevue. Here I learned some of the ropes of survival in a hospital of that size and toughness. Later I was to be grateful for that experience.

Finally the day came when the powers that be decided we could start getting the wards equipped. I was summoned from the mens' orthopedic ward in the middle of the morning and told to go to my supervisor of the new rehabilitation units. I remember facing this somewhat awe-inspiring person in her office and all she said was, "Make out a list of what you need and I will check it and O.K. it."

I couldn't have been more at sea and all the doctors would tell me that we wouldn't need any medications or any bedpans. All the patients would be up and around. I often chuckle to myself when I remember that the first patient to arrive immediately



Bellevue patient Tom Francis demonstrating a 1947 hand brace to Florence Terry, RN.

asked for a bedpan. I had to send an orderly off to another ward to borrow!

When my supervisor saw I was getting nowhere in my attempts to equip the wards she hit upon a real plan and saved us quantities of money. She delegated the daughter of the housekeeper at Bellevue, also a registered nurse and Bellevue graduate, to help me. This girl knew the ropes and she had access to the key to the sub-basement store-room where the out-of-use furniture was stored. Most of it was good except for a missing wheel or leg. We retrieved almost enough to furnish a ward, and, with a coat of paint, the furniture looked new. It was a bit scary going down to this dark and shadowy hole under 26th Street. You could imagine somebody springing out at you from the gloom and there were tales that escapees from the hospital prison ward had hidden out there for days.

The first patients to arrive in the refurbished rehabilitation wards were a charming old couple in their seventies who were hemiplegics. They had never been separated during their married life and were depressed at the idea of being in separate wards. As luck would have it we were able to establish them on sun-porches where they could hold hands through a convenient hole in the wall which separated them.

Although we had several staff doctors of rehabilitation, including Dr. Deaver and the two Drs. Covalt, our intern coverage was sketchy. Our first intern was a young Czech doctor, a refugee from the old country, who could speak very little English. I had to write his

orders for him and suggest routine orders for the patients.

Other interns in the hospital were guilty of pushing their "crocks" off on us. I can remember a series of pitiful, hopeless patients whom nobody could do anything for. Publicity about rehabilitation in the *New York Times* and *Readers Digest* was responsible for many such cases being sent to us.

I had a difficult time at first because I was not a Bellevue graduate and, what seemed to be even worse, was from the middle west. I remembered that we had been a bit gentler with our patients in St. Louis, but the Bellevue girls probably had to be tough. They came up against many rough characters in this city hospital.

At last a lovely, gentle southern girl applied to Dr. Rusk for a position as nurse. We spoke the same language. She proved invaluable and is now head nurse of the new hospital. She brought her equally charming and gentle sister, a paraplegic, with her. This girl, after she learned all she could do herself, now teaches other paraplegics the activities of daily living (ADL).

ADL were taught to the patients on the Rehab. wards by the excellent Physical Therapy department. Sometimes the P.T.'s taught at the patient's bedside and then everybody benefited. The nurses had the opportunity to see what the patient could and was expected to do for himself. Often we found it took longer to supervise a patient trying to do it himself than it took to do it for him. It was hard for the nurses to know where to draw the line as they were so used to helping the patient do everything. They had to learn to take a broader view. Some of them were tempted to do nothing at all for the patient.

As we had so much publicity of all kinds we often had rich "lady bountifuls" touring the department. Actually, although I sometimes resented this, it was good for everybody concerned. The rich ladies saw the seamy side of life and often we would benefit financially from it!

We had a lot to learn. It finally dawned on us, with the help of our social worker, that there wasn't much use rehabilitating a patient if he had no home or no place to go when he left Bellevue. We learned to look at the whole patient, not the patient as he was in the hospital, but as part of a family if he had one. It also helped to know where he was going after he left us, what his home conditions were, and if he would have help. Also, what might seem a small achievement to one patient was actually a huge one to another. For instance, if a quadriplegic could be shown how to turn over in bed that was a monstrous event. If he could learn to feed himself that was another giant step for him. Anything we could do to make him more self reliant we tried.

Although we often resented the publicity we got, it helped a great many people come to us. They regained their self respect and learned to do all they could with what they had left.

It was when the publicity resulted in a hopelessly disabled patient being sent to us that we squirmed a little. But Dr. Rusk was able to infuse even such patients with a desire to live usefully. He helped them find something, no matter how small, that they could do to regain their self respect and dignity.

The "evaluation" clinics that we had once a week were a continual source of interest to me. Everybody who had anything to do with that particular patient's care was present and others could attend if they wanted to. It was here that we learned about the total patient and were able to help him that much more effectively. We ironed out many of the rough spots and each person involved learned from the other when they told what they were trying to accomplish with the patients.

We were groping in the dark at first, but gradually

the light appeared at the end of the tunnel and rehabilitation is an accepted service at most hospitals today. Dr. Rusk's experience in the Air Force was invaluable. We were able to progress and become the model for civilian rehabilitation.

After an interim stay at a small hospital on East 68th Street, Dr. Rusk moved on to be in charge of a big new facility, the Institute of Physical Medicine and Rehabilitation, New York University-Bellevue Medical Center on East 34th Street.

I'm sure the same could be said of the patients in the new hospital, "if you don't find it there, you won't find it anywhere." All sorts of disabilities from all over the world are treated in the six-story modern rehabilitation hospital, which is a far cry from the old wards at Bellevue. Each patient is treated as an individual and is helped to make the most of what he has left.

Guide to Supplemental Security Income

by Speed Davis

In January, 1974, the Federal government began a new cash benefit program for the aged, blind, and disabled known as Supplemental Security Income. Administered by Social Security Administration, the new program replaces the permanent and total disability aid to the blind and aid to the aged programs previously administered by state public assistance agencies, and establishes nationally uniform eligibility requirements and payment standards. Social Security is assisted in this program by various state agencies which provide Vocational Rehabilitation services, make disability decisions, administer Medicaid and in some cases supplement Federal payments. In some states an individual who qualifies for Supplemental Security Income automatically qualifies for Medicaid, while other states require a separate application to be made through the local public assistance agency.

To be eligible for Supplemental Security Income benefits a person must be either 65 years of age or older, blind, or disabled and be a U.S. citizen or lawfully admitted alien. He must also have limited resources and income and is required to apply for any other pensions or cash benefits for which he may be eligible.

A person is considered disabled if he is unable to engage in substantial gainful activity because of a physical or mental impairment which can be expected to re-

sult in death or has lasted (or is expected to last) for 12 consecutive months or longer. A person is considered blind if his central visual acuity is 20/200 or less in the better eye with the use of a corrective lens or he has a visual field restriction of 20 degrees or less.

The amount of the Federal SSI payment to someone who meets one of these is based on a standard payment amount, from which is subtracted other income a person may have. Effective in July, 1975, the SSI Standard Payment Amount (SPA) is \$157.70 for an individual and \$236.60 for a couple if both members are eligible. These amounts may be reduced if a person is determined to be living in someone else's household or is institutionalized and over 50% of his institutional costs are being paid by Medicaid. A person who is an inmate of a public institution for an entire month is not eligible for any SSI payment for that month unless Medicaid is paying over 50% of his costs in that institution.

Not all income is subtracted from the individual's SPA. The first \$20 of income per month does not usually count against the payment. The first \$65 per month of earned income and one-half of the earned income over \$65 each month does not count. For the blind and disabled, income necessary to fulfill a plan of self-support approved by the Federal government does not count against the payment, nor do the work expenses of a blind person. Examples of income that will reduce the SPA are social security benefits, Veteran's Administration compensation, workmen's compensation, pensions, annuities and gifts. A person

Speed Davis, a C5-quad, is a claim representative at the Social Security Administration office in St. Louis.

whose total income minus these exclusions does not exceed his SPA, will generally be eligible for benefits if other requirements are met.

A person who meets these first two tests can be eligible for payments if his countable resources do not exceed \$1500 for an individual or \$2250 for an eligible couple. Resources include such things as cars, real estate, bank accounts and life insurance policies. As with income, not all resources are counted. A home with a market value of less than \$25,000 (\$35,000 in Alaska and Hawaii) does not count. Only the retail value of a car over \$1200 counts and even that doesn't count if the car is used as transportation to a job or to regular treatment for a specific medical problem. Personal effects and household goods with a total market value of less than \$1500 don't count. An insurance policy doesn't count if the total face value of all policies on any one person is less than \$1500. As with income, those resources of a blind or disabled person that are necessary to fulfill a plan of self-support which is approved by the Federal government also don't count.

Anyone who feels they can meet all of the above tests should contact their nearest Social Security Office about filing a claim. This contact can be made in person but if your condition will not allow that, contact them by phone or mail. Your claim can be taken over the phone or by a representative of the Social Security Administration who will come to your home.

There are some things that you can do to speed up the processing of your claim. Before you contact Social Security, write down a list of all the doctors, hospitals, and other sources where you have received treatment for your disability, with addresses, phone numbers and dates when treated. The single longest delay in the processing of a disability/blindness claim is caused by slow responses from medical sources. If your doctor is aware that you have filed a claim, he may respond faster when Social Security requests your records. When you contact Social Security, bring with you whatever proof you have for the value of your resources and amount of any income. Such things as insurance policies, car titles, bank books and real estate tax bills may be used.

Although there are some similarities between SSI and Social Security there are also some important differences. A person does not need to have ever worked to be eligible for SSI, nor are there any age restrictions. A child of any age can be eligible if he meets the disability/blindness criteria and the other tests. Under Social Security if an insured worker receives benefits, his immediate family can also qualify for benefits, but under SSI each member of a family must meet the eligibility requirements in order to be eligible for benefits. An SSI application is retroactive only to the first day of the month in which it is received, but a Social Security application can be retroactive for up to 12 months.

❧ Parables ❧

EXAMPLE #1—A 36 year old woman is unable to work because of a spinal cord injury which left her permanently paralyzed from the waist down. She had been working until the time of her accident as a nurse's aide. Even though she had been unable to work for less than twelve months, her condition is not expected to improve within 12 months so she meets the disability requirements.

EXAMPLE #2—A 15 year old boy suffered brain damage at birth and is currently attending special classes at the first grade level. He is able to feed himself but requires assistance with personal hygiene and dressing. He can do simple addition but not subtraction or multiplication. Because his condition is not expected to improve to the point where he will be able to perform significant gainful activity, he meets the disability requirement.

EXAMPLE #3—A 53 year old radio announcer has suffered a stroke which has left the right side of his body partially paralyzed and impaired his speech processes. He meets the disability requirement. He is receiving social security benefits of \$110.80 per month and Veteran's Administration compensation of \$32 per month. He and his wife (who is not over 65, blind or disabled) live in their own house. His standard payment amount is \$157.70. To figure his SSI payment, his income of \$142.80 is reduced by the \$20 exclusion. The remaining \$122.80 is then subtracted from \$157.70 to give him a federal payment of \$34.90 per month. (Any income his wife has may further reduce this amount.)

EXAMPLE #5—A 25 year old blind man is able to work in a sheltered workshop, with monthly earnings of \$125. The first \$65 per month does not count nor does one-half of the remaining \$60, leaving \$30 to be counted against his standard payment amount. He lives with an uncle who provides all of his lodging, food and clothing. Because he lives in someone else's household, his standard payment is reduced to \$105.14 from which is subtracted the \$30 of countable income that he has. This gives him a federal payment of \$75.14.

EXAMPLE #6—A 47 year old woman who is unable to work because of severe arthritis lives in her own home which is worth \$12,000. She has a savings account of \$750 and two life insurance policies with a total face value of \$1000. She owns a car with a retail value of \$1500. The house is not counted because it is worth less than \$25,000 and the life insurance policies are not counted because they do not total over \$1500. Only the value of the car over \$1200, or \$300, counts. This \$300 and the \$750 savings account, give her total countable resources of only \$1050.

IRS Regulations on Attendants

How to Succeed (usually) in Playing the Game of Employers vs. Bureaucrats

by Barbara Carter

I. Whether you employ full- or part-time help, you must comply with Internal Revenue Service regulations to the letter:

- See each new helper's social security card, then copy number and name as stated, plus address, before employee works one hour.

- Deduct his/her contribution to social security (now 5.85%) and set it aside in your budget, along with 5.85% you must pay. Then money is in your bank account to cover check you send to IRS each quarter (due by end of January, April, July, October, along with IRS form).

- Write/phone your local IRS office (toll-free number almost anywhere in U.S.) for forms and for helpful information pamphlets, and to apply for your Employer Identification Number. (You must have one.) ●

- Deducting withholding is optional. Your employees decide on how they pay their income taxes.

- At the end of the year, prepare W-2 forms (statements of earnings and deductions) for each employee and send copies to employee and IRS.

II. Learn what state and local rules apply to you as employer of domestic help:

- Your local State Employment Office can tell you if you must carry workman's compensation/liability insurance, and where you get it (sometimes from state, sometimes private insurers; either way in California).

- Insist on speaking with the office manager or assistant manager only. Underlings won't admit they don't know. They'll just guess.

- Some states pay such benefits as unemployment and/or disability to household help. Those that do usually tax the employer to pay for them, or require him to collect tax from employee via payroll deductions.

- If you're an aid, ask your social worker about what your state requires in these matters (and how strict is the enforcement). He or she is the professional, you the amateur. Insist on his help.

III. Suggestions for scoring at the employer game:

- Write down everything. (IRS says you must keep adequate records: "memory" does not qualify.) Each time you talk to any official, note date and name.

- Some IRS or state people are more savvy than others. Sometimes they contradict each other. (Don't laugh: mountains of regulations continually are changing.) So play dumb, call back another time, and shop for a favorable interpretation. (But write down source!)

- Pay by check for everything. Money order stubs are easily lost. If your helpers have problems cashing your personal checks, in most states they can obtain ID cards (akin to drivers' licenses) at the state Motor Vehicles Department.

- Use a payroll record book (available in stationery stores) for efficient, all-in-one-place recording of employees' permanent addresses, total annual and quarterly wages paid, totals for all types of deductions, etc.

- If you furnish room and/or board as part of helpers' compensation, note down how you arrived at their fair market value (not just your out-of-pocket costs). Keep up to date on inflating values. This salary-in-kind is important in maximizing your income tax deductions and in complying with minimum wage laws. There are no payroll taxes on room or board.

Market value of room/board for IRS might be based on want ads, or dorm fees at the nearest college. Add a cash value for any "extra" such as use of phone, TV, periodicals, or kitchen privileges. You'll soon see why live-in help is considered by many of us to be the cheapest way to cover our needs.

Ready to match wits with bureaucrats, computers, and Form 659-B4a in quadruplicate? You'd better be, because you're going to be playing the "Employer Game" the rest of your life. You might as well relax and enjoy it!

Barbara Carter, a polio quad, has volunteered her time to her church and has worked for the Los Angeles City Schools correcting high school English themes. Address: 10531 White Oak Avenue, Granada Hills, California 91344. She is married and has two children.

The Telephone Company Message: "Can Do!"

by G. M. Smith

The telephone is such an ubiquitous part of modern life that everyone tends to take it for granted. As a consequence, few telephone users have a realistic idea of where telephone service comes from. They're in much the same position as youngsters who have never seen a cow and who assume milk is just another manufactured product delivered from a factory in cardboard containers.

Let's start right at the beginning with the statement that there is no such thing as *the* telephone company. In the United States there are over 1700 telephone companies. Some of them are very, very big, and some are extremely small "mom and pop" operations. Their territories do not overlap; each serves a separate geographical area.

There was a time when territories did overlap. Old-timers will recall the era when Bell and Keystone companies overlapped in Philadelphia and if you wanted to be sure of being able to call anyone in town, you had to have two different kinds of telephones in your home or office. The present arrangement is far superior, as all the telephone companies are now interconnected in a vast nationwide network, and when you want to call someone anywhere in the U.S. you don't have to give a thought to what telephone companies may be involved.

The only telephone company you ever need to know is the one which serves your area, and the only time you really need to know about it is when you place an order for your own home or office telephone equipment. Although different telephone companies have slightly different rates, differences in conventional residential and office telephone sets are ordinarily so slight that only an experienced telephone man could tell one company's sets from another's. In the case of telephone equipment for the handicapped, however, the differences may be somewhat more apparent. Just because handicapped Aunt Emmy in Rochester, Minnesota, has a particular type of telephone set does not necessarily mean that disabled Cousin Will in Rochester, New York, can obtain the identical equipment . . . although in many instances a satisfactory equivalent could be furnished.

The rate charged for a particular type of telephone service by a telephone company is the amount approved by its state utility commission for that type of

service. The rate is not necessarily the same throughout the state; there can be small variations from one service area to another.

These are the basic generalities. Now for some specifics. The Bell System's 22 telephone companies operate in all states except Alaska and Hawaii and have a total of 110 million telephones in service. This amounts to about 80% of the telephones in the U.S. Three of the larger non-Bell telephone companies are: General Telephone and Electronics Corp., 10½ million phones; United Telecommunications Corp., 2½ million phones; Continental Telephone Co., 2 million phones. These three and the 1700 smaller non-Bell telephone companies are referred to in the industry as "Independent Telephone Companies."

From a geographical standpoint, the picture is quite different. The independent telephone companies cover about one-half of the total area of the U.S. and the Bell System covers only about 20% of the area. Bell phones tend to be concentrated in the more heavily urbanized areas and population centers such as New York and Chicago, while independent telephones are somewhat more likely to be found in suburban and rural areas. In the Greater Los Angeles metropolitan area, some sections are served by Bell and some by General Telephone, although, generally speaking, most cities are served by a single telephone company.

With this as a background, let's see what's involved in obtaining telephone service. First, the handicapped person, or a friend or relative acting in his or her behalf, would speak to a Service Representative in the handicapped person's local telephone company business office. This contact could be made by phone or by a personal visit to the office. For a run-of-the-mill item such as an amplified headset for a person with a hearing handicap, the Service Representative would be able to provide information, quote rates, and take an order for service.

Many simple telephone problems of the disabled can be solved by the local telephone company. Most people, however, are unaware that special telephone aids are available for the handicapped and too frequently order a standard telephone with the assumption that the handicapped member of the household will not be able to use it. Thus it is not until the installer arrives on the premises that the telephone company knows there is a handicapped person in the household. The installer may be able to contrive some special arrangement on the spot so the handicapped individual can also use the phone, or the installation foreman may suggest something based on previous experience in

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providing telephones for other disabled customers.

In other cases, the disabled person will have been released from a rehabilitation center, in which case the center's occupational therapy staff will have made a study of the person's special telephone requirements and prepared detailed recommendations as to the best type of equipment. If the requirements are simple, all arrangements can be handled on the local level, but for a more complicated installation, special expertise might be required.

Each operating telephone company in the Bell System has a Marketing Coordinator of Services for the Handicapped who is available for consultation on such matters. In many of the independent telephone companies there are also coordinators or people with the equivalent responsibility. The Service Representative would refer a complicated installation problem to the Coordinator and, if it seemed desirable, the Coordinator would make a visit to the home of the handicapped individual for an on-the-spot appraisal of the situation.

Each Bell operating company also has an Engineering Coordinator of Services for the Handicapped, and it is his responsibility to provide the technical support necessary so that the handicapped person gets a telephone installation appropriate for his or her needs.

At Bell System Headquarters in New York there is an A.T.&T. Marketing Coordinator of Services for the Handicapped to whom the operating company coordinators can refer problems too complex to be solved on the local level. There is also an A.T.&T. Engineering Coordinator of Services for the Handicapped, with whom the Engineering Coordinators of the operating telephone companies can discuss unusual technical problems. If necessary, the Headquarters Engineering Coordinator can in turn discuss these problems with the scientists at Bell Telephone Laboratories or with outside medical consultants. Upon request, the Bell System companies will provide advice and assistance to non-Bell companies so that the latter will be able to furnish appropriate services to handicapped individuals in their service areas.

Telephone installations for the handicapped people fall into three categories. Installations in the first category employ standard telephone equipment. This may be either standard equipment for the non-handicapped which has been found to have applications for the handicapped, or it may be standard equipment which was designed specifically for the handicapped. The amplifying or volume control handset for the hard of hearing is an example of the latter.

The second type of installation involves the use of standard telephone equipment for the non-handicapped, with minor modifications to make it suitable for the handicapped. Often the modifications consist of nothing more than lever arms, added to existing switches to make them easier to operate. Where possible, arrangements are made with volunteer groups to build these simple accessories to telephone company

specifications, and then the accessories can be made available to the handicapped at no charge.

In some localities, the Telephone Pioneers, a volunteer organization of active and retired telephone employees, makes these accessories, along with beeping balls for blind children, educational materials for retarded children, and a long list of similar items. In addition, the Pioneers perform services such as braille textbooks for blind students, repairing "talking book" machines for the Library of Congress service for the blind and paralyzed, reconditioning teletype-writers for the deaf communication network, etc.

The third type of installation is what telephone people call a "special assembly." This is an installation of non-standard equipment specially engineered and tailor-made to the particular requirements of one individual's disability. A typical special assembly would be a mouthstick-controlled telephone on a tank respirator.

Here is a condensed list of the standard Bell System telephone equipment available today for the handicapped: *For the hard of hearing*—Amplifying handsets for home or office phones, amplifying handset for coin telephones, bone conduction receiver, headset amplifier for switchboard attendants, telephone adapter for hearing aids, extra-loud bells, bells with different pitches, tone ringer, light signals; *for the totally deaf*—Code-Com set, Signalman lamp control, watchcase receiver for third-person assistance via lipreading; *for those with impaired speech*—amplifying handset, electronic artificial larynx; *for the visually handicapped*—"Seeing Aid" probe for blind switchboard attendant; *for the motion handicapped*—telephones with headsets, telephones with handset on adjustable arm, hands-free Speakerphone, Touch-Tone (pushbutton) dial. The complete list, with a brief description of each item, will be found in a booklet entitled "Services for Special Needs," which can be obtained from most Bell System business offices on request. And the sky is the limit, of course, for special assemblies. One installation may be controlled by a mouthstick, another by a puff of the breath, and a third by the touch of a toe. Some provide Touch-Tone dialing (by finger or prosthesis if possible; otherwise by mouthstick.) Others are arranged for "manual service" in which the telephone company operator does the dialing.

Even this isn't the whole story. It is also technically possible to provide telephone service for persons who are unable to communicate orally. A deaf-blind individual who lives alone has telephone service. He sends and receives coded messages by touch, using the Code-Com set. And how does he know when someone is calling him? He couldn't hear a bell, however loud, or see a light signal. Well, when his phone rings, it turns on an electric fan and he feels the breeze.

The telephone company message is, "Can do!" If anyone tries to convince you otherwise, show him this article.

Shutterbugging Again

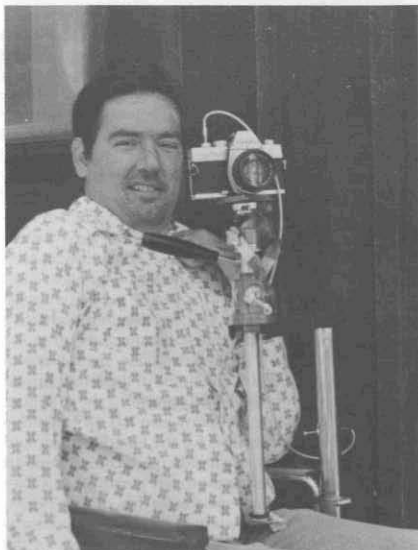
by Bruce P. Hillam, PhD

I have been C-5 C-6 quad for over ten years, and for a good portion of that time I have wanted to take up photography in a serious way. The problem has been that I wanted to use a 35 mm camera. With a good 35 mm camera, one must take a lightreading, set the camera speed, the lens opening, hold the camera steady, focus, shoot the picture and rewind. I felt that all this was a little beyond me. In the system described below, the only thing to worry about is the focus. The problems have been eliminated by the right camera, and by using the wheelchair as a tripod.

Recently, camera manufacturers have succeeded in removing the bugs from the 35 mm fully automatic single lens reflex (or SLR for short) camera. There are several types on the market starting from \$150 to around \$600. The camera has a built-in light meter. You preset the lens speed, say at 1/100 second and forget it. Anytime you go to take a picture, the camera sets the lens opening automatically. Hence, the camera automatically takes the light reading, sets the time and the lens. I selected the Konica T3, although there are other suitable cameras that operate similarly.

The next thing I did was to convert my wheelchair into a rolling tripod. This solves the problem of holding the camera. I bought a tripod that had an "elevator" built into the head, so I could raise and lower the camera. I removed the legs of the tripod and mounted it on a piece of lightweight channel. On the other end, I had a friend weld a standard plumbing fixture and attach a piece of kitchen sink pipe (it is chromed and looks better). On the armrest of the chair, a piece of pipe slightly larger in diameter (so that the tripod part will slip in and out) is clamped by means of two radiator hose clamps, available at any auto parts store. I then bought a cable release (the string-like thing in the picture) and drilled a hole in the pipe. The plunger end goes down by the base, and the other end screws into the camera. Using a cable release, one only has to push in at the base of the tripod or wherever is convenient. I use the back of my hand.

The camera mounts on top of the tripod head, and



Bruce Hillam, PhD, C-5 C-6 quad, resumed photography after he found the right camera and learned to use his wheelchair as a tripod.

you are ready for business. The rig is strong enough to lean against, which I do as I look through the viewfinder to focus the camera. You might want to attach another hose clamp with a lever through it to the lens to make it easier to focus, but I have not found it necessary. The only thing that remains is to rewind the film. Now, 35 mm cameras do not "roll" the film to advance, but have a lever that you swing. On my Konica it sticks right out and is easy to swing. If you buy one of the more expensive cameras, you can get an electric rewind as an accessory; but it is rather expensive. There is talk of automatic focusing too, but I don't know how far away that is. When it arrives, any quad will be able to take up photography as a hobby.

One word of warning! Camera and equipment prices vary greatly from shop to shop. Look around and you will probably find a camera shop whose owner is intrigued by the problem and will provide a lot of free help and hints. The whole rig cost me less than sixty dollars for materials, and the labor came gratis from a friend with a garage full of tools and "junk" waiting to be recycled.

Now, if I can only get that guy to stop standing in front of me!

Address: 2524 Price Drive, LaVerne, California 91750.

The *Gazette* does not accept any advertising. The gadgets and devices presented here were gleaned by the editors from readers' letters and other sources. They are presented as ideas for the readers to pursue on their own by sending for brochures and latest prices.

The *Gazette* does not specifically endorse any product nor accept responsibility for any approximate price listed.

TRANSPORTATION by Joe Laurie Step-Vans

As the 1973 GAZETTE covered transportation in VANS, it considered only the side-door type of Dodge, Chevrolet, Ford and Volkswagen. We neglected the rear door entrance as, for some reason the side-door variety was the only one used by people—with the rear entrance only for tradesmen's trucks.

Since all vans are "trucks"—even though you can get a passenger car license—we hope to cover our omission with a short treatise on a different type of truck, or van. This is the "Step-Van" made by Chevrolet and the same thing with a GMC label.

A "Step-Van" really looks like a truck. You see milkmen driving them, hopping casually from the front side doors, and other trades, like bread people and plumbers and carpenters, find it more adaptable to their needs. Even some fire departments use the Step-Van, and some large utilities—because it is made in the heavy commercial and industrial capacities.

But what we are talking about is the simple smallest Step-Van of 102" wheelbase, and of 1/2 ton capacity. The cover of the 1974 GAZETTE shows such a van with Dick Jaskela about to set out for his teaching at Kent State University at Ashtabula,

Joe Laurie has been volunteering as editor and majordomo of the Gazette since he retired several years ago.

Ohio. A simpler form of entrance is now available using some of the lift assemblies that are used on the side-entrance vans.

The same options for the side door vans are available for Step-Vans: power steering, power brakes, automatic transmission, air-conditioning, etc. . . . at a slight (?) extra cost.

But what is really interesting about the Step-Van is the much higher interior—heights from the floor of 72" and 76" are available. The long-limbed lad can get in without ducking or getting guillotined, and without having the extra expense of a "bubble top" or other roof height extender. And, in climes where snow is not uncommon, you can enter and exit right in the street, and not find your lift obstructed by 3 feet of snow on the curb or tree-lawn, and you look all set for a ski-run.

The rear doors are available that open in the center, so that your electrical controls will open each one out to you; then the ramp will come out and descend, and on you go, and then up, up, and away.

But, not quite so fast. Once you get into driving position—that is, if you are gonna be driving while still in your W/C, you better be sure you're locked down. Various types are available, per lists below. But, we like what one of our readers said: "More people than I would like to mention, myself included, have started down the road without their tie-downs engaged. . . . if I were to design a clamp, I would use several of the vacuum type. I would "tie them into the motor", as all motors create a vacuum. The advantages are obvious: if the motor is running, you are clamped down". Perhaps some ingenious soul could design such a system so that a C-5 could just roll into position, insert his key in the ignition, turn it on and start, and be fastened down but good.

Now that you are in and screwed down, you can have all sorts of nice things done to your Step-Van for a slight extra charge, like side-screened

windows with opening louvers, a side couch, a propane stove, a running water system with its pump, a chemical toilet, a TV—and you name it.

Our friend whom we quoted above, also has this to say about any conversion that you might attempt: "I would have a truck-body manufacturer modify the van. I believe they could do a better job with higher quality and lower costs. Most places are just body shops, while a truck body manufacturer is more aware of future problems. And he will give you a firm bid and you will know how much it will cost before you start. . . . I had a real surprise awaiting me when I picked my van up."

Lifts

We received brochures from the following companies; you will note there are 22 of them, compared with 14 listed in Vol. XV of 1973. If you are interested, do as we did—write for brochures, and their list of satisfied customers; then telephone a random sample to see how they feel about the treatment received.

The Braun Corporation, (Save-A-Step)
1014 S. Monticello, Winimac, IL
46996.

The Cheney Co., 3015 S. 163rd St.,
New Berlin WI 53151
Collins Industries Inc., Hutchinson
KS 67501

Compas Industries, Inc., 715 15th
St., Hermosa Beach CA 90254

Double D. Industries, 110 Fox Hill Rd.,
St. Charles MO 63301

Electro Van Lift Inc., White Bear
Lake MN 55110

Gresham Driving Aids, Inc., 30800
Wixom Blvd., Wixom MI 48096

Helper Industries, Inc., 832 N.W. 1st
St., Ft. Lauderdale FL 33311

HP Bus Corp., Faulkner St., N.
Billerica MA 01862 (VW Microbus
only)

Lance Enterprises, Inc., 1391 Blue
Hills Ave., Bloomfield CT 06002

Robert McHenry, Pilot Knob MO
63663



Ed Pultz, a Navy veteran with a degree in engineering, operates Wheelchair Boutique with a wheelchair friend, Chuck Foster. "We install car hand controls, electric lifts in vans, power seats, wheelchair tie-downs, and door openers in vans." Address: 6730 Folsom Boulevard, Sacramento, California 95819.

Motorette Corp., 6014 Reseda Blvd.,
Tarzana CA 91356
Para Industries Ltd., #6 4826 11th
St., N.E., Calgary, Alta T2E 2W7
Canada
Ricon R-20 Van Lift, Inc., 15806
Arminia St., Van Nuys CA 91406
R-J Chair Lift Co., 7228 Madison Ave.,
Forest Park IL 60130
Royce International Ltd., 4345 S.
Santa Fe Dr., Englewood CO 80110
Safety Van Lift Co., 1627 Linnea Ave.,

Eugene OR 97401
Fred Scott & Sons Co., 101 Kelley St.,
Elk Grove IL 60007
Speedy Wagon, 4105 Highway 94,
St. Charles MO 63301
Target Industries, 8 Heywood St.,
Springfield MA 01101
Time Savers, Inc., Sacramento, CA
95826
Vanmaster, Drive-Master Corp.,
61-A N. Mountain Ave., Montclair
NJ 07042

Ramps

Safety Ramps for the Handicapped,
2520 Bow Ct., #13, South Bend
IN 46628
Handi-Ramp, Inc. 1414 Armour Blvd.,
Mundelein IL 60060
Fred Scott & Sons Co., 101 Kelly St.,
Elk Grove IL 60007
Donald S. Crawford, 5948 E. 129th
St., Grand View MO 64030
Collins Industries, Inc., Hutchinson
KS 67501

Hydraulic Lifts

Ted Hoyer & Co., Inc., 2222 Minnesota
St., Oshkosh WI 54901—make
portable lifts & Kar-Top Lift.

COMMUNICATIONS

Talking Brooch. Dr. A. F. Newell,
Department of Electronics, University
of Southampton, England, has
developed an aid for those who are
deaf or aphasic that may also be of
use to the physically disabled. It
consists of a miniature typewriter-
style keyboard which types illumina-
ted messages on a small display
panel that may be worn as a giant
brooch on a jacket. It is powered by
pocket-size batteries.

Auto-Com (Auto-Monitoring
Communication Board). The Trace
Research and Development Center
for the Severely Communicatively
Impaired (formerly the Cerebral Palsy
Communication Group) has
developed a significant new com-
munication aid. The Auto-Com, built
into a wheelchair lapboard, is
operated in the same manner as a
traditional word board. However, it
is operated by a magnet which has a
sensing system that ignores erratic,
spasmodic movements and reacts only
to reduction of movement. A mini-
ature strip printer and a rechargeable
battery pack are built into the board.
In addition to letters and numbers,
the Auto-Com's "Wordmaster"
contains entire words, phrases, and
sentences that are printed by a single
pointing motion. The device may also
be used to print the messages on a
TV, a teletypewriter, or an IBM
typewriter. A free price list of
relevant publications and a film is
available from the Trace Center at
922 ERB, 1500 Johnson Drive,
University of Wisconsin-Madison,
Madison, Wisconsin 54706.

Voicephone. A whistle or loud noise picks up and hangs up a receiver. Microphone is on an extending arm. Incoming voice comes from the speaker in the control cabinet. TV and other voice-control equipment available. Telemec Systems, Inc., Box 161, Old Hickory, Tennessee 37138.

Gooseneck Telephone Arms in 22", 25", or 29" lengths replace hands as phone holders. Sparr Telephone Arm Co., RD 1, Box 439, Stroudsburg, Pennsylvania 18360.

Communication. The superb series of 10 booklets of *Equipment for the Disabled*, by the Mary Marlborough Lodge, Nuffield Orthopaedic Centre, are being reissued. The first booklet in the new (4th) edition covers communications and was published in September 1975. Price: 1.50. For details, write: Equipment for the Disabled, 2 Foredown Drive, Portslade, Sussex BN4 2BB, England.

Whistle Switch. Turns on or off TV, lights, radio, etc. by squeezing the bulb-whistle. Catalog from: Unique Products Co., 340 Poplar Street, Hanover, Pennsylvania 17331.

READERS' IDEAS

Skid-Proofing Ramps. "I applied Safety-Walk to our ramp so traction is no problem and it resists icing. B727's and DC-9's have it on their integral airstairs." *John A. Howson, 39 North Brownell Street, Chillicothe, Ohio 45601.*

Electric Lift. "I would like to contact an agency concerned with the disabled that would be interested in funding a patient for an electric lift I have developed and am using with great success." *Harold Smith, 3658 Patterson, Oakland, California 94619.*

Automatic Emergency Light. Page 41 of the Winter 1975 catalog from Jean Cook, 851 Eller Drive, Ft. Lauderdale, Florida 33316, advertises a light that turns itself on when current fails and lasts many hours before being recharged in a regular house outlet.

Used Respiratory Equipment Wanted. "I want to buy a Thompson Bantam Model B and Multi-Lung Model D; also an Emerson Rocking Bed Model

V-RBS or equivalent." *C. Crosier, 2220 McLean Avenue, New Albany, Indiana 47150. Phone: 812-944-3764.*

Crutch Tops. "Mine are covered with foam rubber pads that don't last long but make the crutch very safe because they are non-slip. Unfortunately, they make shirts dirty and wear out good wool or synthetic coats. Does someone have a better answer?" *Robert E. Hitz, 1182 Warren Road, Lakewood, Ohio 44107.*

An Inexpensive Wheelchair Tie-Down. "With the help of a friend who happens to be both an engineer and the son of a blacksmith, we came up with a tie-down that is inexpensive, rugged, reliable, and easy to operate. It is better than anything currently on the market. The heart of the tie-down is a Vilier clamp (#91331, available from Marcott Industries, 10313 East Whittier Boulevard, Whittier, California 90606, for less than \$5 each, including tax and postage). The Vilier clamp, used by machinists and welders to hold down whatever they are working on, is capable of supporting a 350 pound load.

The clamp is bolted onto a piece of channel. A local blacksmith or welder can make the channel the right height. The one channel is bolted to the floor of the vehicle. A piece of electrical conduit over the handle provides the ease of operation needed (I am a C-5 quad and it presents no problem). The operation is quite simple: drive into position and flip the lever toward the chair and the clamp comes down and locks. I have my clamp located so that it clamps down just behind the front wheel. It could also clamp the frame between the front and the back wheels or the rim of the rear tire. A small 'barrier' to prevent the front wheels from rolling forward might be a good idea too. Vilier makes a line of hydraulic and air actuated clamps at reasonable prices. With sufficient ingenuity, one could make a hydraulic system for under \$150." *Bruce Hillam, PhD, 2524 Price Drive, La Verne, California 91750.*

Slippery Satin Sheets. "We bought ourselves a set of satin sheets and pillowcases for our anniversary. Now instead of having to lift my hips to move into the right position my husband just gives them a little nudge

—and away I go. And I can just turn-roll my head at night instead of shift-turn as I've had to do for nearly 19 years." *Jean Stage, 11655 Maplewood Avenue, Chicago, Illinois 60655.*

Bath on a Bed. "My Jimmie developed a wonderful method of giving me my baths on the bed. He puts me in an inflatable kiddie pool. He empties it by syphoning the water into a pail." *Jacqueline Nelson, 439 Beach 22nd Street, Lobby B, Far Rockaway, New York 11691.*

Mouth-Operated Sock-Put-er-On-er. "I have made a diagram with directions on making the mouth-operated gadget I invented for a friend to put on his own socks." *Viola Henne Hamby, 3204 K Street, Vancouver, Washington 98663.*

Device to Load Wheelchair Into Car. The creative A. G. Garris, rehabilitation supervisor at Rancho Los Amigos Hospital, and Charles Eckles, his engineering consultant, have improved their previous wheelchair loader. The new loader is driven by a small electric motor controlled by a two-way switch on an extension cord to the driver's seat. Power is furnished by the car's battery. For construction details, send 50¢ to: *Charles Eckles, 11505 Wimpy Road, Granada Hills, California 91344.*

Homemade Bath Bench for Quads. While training quads in data processing at Woodrow Wilson Rehabilitation Center, Norman C. Hammond of IBM became aware of a need for independence in bathing. Consequently, he designed and built a bench and extension for transfer of plywood, covered with padding and vinyl, onto which a quad can transfer from a wheelchair. The plans include a backboard and a safety bar in front, as well as a footrest. Mr. Hammond has made the detailed plans available from Mr. J. Ellies Moran, Director of Woodrow Wilson Rehabilitation Center, Fishersville, Virginia 22939, who has agreed to handle requests for information.

Lady's Urinal. "An Army mess kit is perfect for female bathrooming. It eliminates lifting."

Iron Lung Refinements. "A bicycle wheel mounted on two or three

suction cups and placed on top of the tank so that the rim projects slightly over the head end. On the wheel are mounted three reading racks and one tank mirror. Consequently, with a mouthstick one has a choice of three books or a mirror. Also mounted on the tank is a speaker telephone which can be turned on or off with the mouthstick. There is also a button mounted on the microphone of the speakerphone that dials the operator." *Ed Rosenwasser, 3641 Deal, Houston, Texas 77025.*

Inexpensive Wheelchair Narrower. "I have developed a narrower that is easily detachable and light enough to fit into my wife's handbag. Basically, it consists of an 8 to 1 ratio pulley car engine hoist with brake bought at Halfords and called the Haltrac Autolock. The split hooks on the Haltrac clip onto detachable steel shackles which may be purchased from a chandlers quite cheaply. While I am sitting in my chair it can be narrowed by one person using one hand." *Tony Northmore, 36 Coombe Meadows, Chillington, Devon TQ7 2JL, England.*

Unisex Urinals. Abbey's "English style" ice bags have wide openings and leakproof plastic lids that make them useful as urinals—especially if emptying must be delayed. Check with nearest Abbey Rents or write to 13500 South Figueroa, Los Angeles, California 90061.

English Female Urinal. The Disabled Living Foundation has evolved a simple design: a plastic bucket forms the outer shell; a plastic bag is fitted into the bucket with the top turned over the rim like a cuff; the bag is lined with an absorbent material. After using, the bag is removed, closed with a tie, a rubber band, or a wire, and thrown into a refuse bin.

Swimming Aid. "I was surprised to find that the 'schwimmflügels' which consist of two plastic air pockets worn on my upper arms would keep me so buoyant that I could actually swim. Made of heavy duty vinyl, they are easily inflatable by mouth. Nominal in cost from: Belle Air International, Inc., 1016 Ponce de Leon Boulevard, Belle Air, Florida 33516." *Doris Jones, 9822 Eastdell, St. Louis, Missouri 63136.*

European Travel With a Respirator. "I teach in a private Mennonite school. . . . My two sisters and I had always dreamed of sailing to Europe and traveling around in our own rented car. We didn't think it would be possible since I must sleep with a chest respirator but Gini referred me to "Flying Wheels," a beautiful travel agency in Owatonna, Minnesota, and they planned our trip without a flaw. I recommend them highly! We were gone four weeks. We left from New York on the Q.E. II. Oh! It was a tremendous experience. . . . Our little orange Renault was waiting for us at the dock and off we were to see Europe. Flying Wheels had given us instructions and had given us maps of each country with a red line outlining the way. We toured France, Switzerland, Germany (we visited friends there) and Holland. Then we flew to London. . . . We bought a transformer for \$50 from Colorado and had it shipped to Georgia's Medical College where it was mounted on my motor. . . . You will need a transformer for your motor and you will also need a roundish European 2-prong plug. My transformer is in Georgia now and anyone else may borrow it as long as it is there when I need it again!" *Vera Overholt, Knux School Road, Minerva, Ohio 44657.*

German Breathing Exercises. "I caught poliomyelitis in Africa in 1963. . . . My husband built a house for the family, containing all the facilities which are needed for me. We have a compressor for compressed air, fill the bottles ourselves, and have a piping system throughout the house with outlets in most rooms. I need mechanical breathing assistance all the time. . . . Breathing exercises are very important and helpful therapy for controlled breathing. I do not know the correct English word for *Atengymnastik*, which is now a special training for physical therapists in Germany. By far the best I had was in France. None at all of this type in the USA. One learns to breathe in wanted parts of one's own lung (for stretching) and to train muscles and nerves. I found music helpful. Singing is good, just trying to hum a sound for exhaling. Exhale enough! Be careful not to overtire or get too much air. The diaphragm is slow in recovery. Frog breathing is helpful for stretching exercises and for

any emergencies." *Mrs. Schlange-Schoninger, 533 Königswinter 41, Thomasberg, Terrassenweg 15, West Germany.*

NEW CATALOGS

The following companies have issued new catalogs that cover a wide selection of equipment, from drinking straws to motorized wheelchairs. Unless noted otherwise, they are free.

- Abbey Medical Equipment available from 13500 South Figueroa, Los Angeles, California 90061 or local Abbey Rents.

- Be OK Self-Help Aids, Fred Sammons, Inc., Box 32, Brookfield, Illinois 60513.

- Cleo Living Aids, 3957 Mayfield Road, Cleveland, Ohio 44121.

- FashionABLE, Rocky Hill, New Jersey 08553. 25c.

- Medical Equipment Distributors, Inc. 1215 South Harlem Avenue, Forest Park, Illinois 60130.

- Nelson Medical Products, 5690 Sarah Avenue, Sarasota, Florida 33577.

- Sickroom Service, Inc., 2534 S. Kinnickinnic Avenue, Milwaukee Wisconsin 53207.

- Trujillo Industries, 5726 West Washington Boulevard, Los Angeles, California 90016.

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For Sale: *Page Turner.* Touch-Turner. \$100. Diane Smith, 206 Cameo Lane, Carmi, Illinois 62821.

For Sale: *Lightly-Used E&J Electric Wheelchair.* A quad in Indiana has donated a \$1400 wheelchair to be sold for \$500 to help support the *Gazette*. Control: left hand joystick. Seat: 18" deep, 18" wide. Leg rests: swing out, elevating. Arms: detachable right. Upholstery: gray Naugahyde. Includes headrest. Contact the editors of the *Gazette*.

Milestones

Progress Toward a Barrier Free Environment

Greyhound Lines, Inc. has a new policy of permitting a companion to travel free with any disabled person, who has a doctor's written statement that assistance is required in boarding, traveling, or exiting. Thus two can travel together for a single fare; wheelchairs are carried free.

The District of Columbia Department of Human Resources will spend \$187,000 HEW funds to remove barriers.

Holiday Inns include one barrier free room in each new or remodeled facility; more than 600 Inns have been made accessible in the past nine years.

Brochures of mobile homes that include accessible kitchens and bathrooms and wide halls and doors are available from: Specialty Homes, 2 Salt Creek Lane, Hinsdale, Illinois 60521.

Los Angeles County parks will be accessible by July, 1976.

Several of the confessionals in the Santa Fe cathedral have signs indicating they are equipped with hearing aids.

McDonald's hamburger chain is planning 36" wide doors, curb ramps, and accessible rest rooms in all new or remodelled restaurants.

White Plains, New York, is using \$75,000 Housing and Community Development Act funds to ramp 50 intersections.

The New Jersey Turnpike Authority is making its service areas accessible.

Accessible polling places are now mandatory in Maine.

Standard Oil Company of California and its subsidiaries will make all new

service stations accessible.

Toronto Airport Hilton is the first of Hilton International hotels to build some guest rooms with special facilities: bathtub grab rails, removable shower heads, sliding bathroom doors, and wheelchair height toilets.

Interstate rest areas that are accessible now total 400. A free list is available from the President's Committee on Employment of the Handicapped.

Best Western Motels have nearly 200 accessible units.

The County Courthouse in Roswell, New Mexico, has been made accessible at a cost of more than \$75,000. Remodeling included installing an elevator and ramps, widening doors, and altering restrooms.

The attorney general of California filed a suit against a restaurant and the County of Sacramento to force compliance with accessibility laws.

The Office of Human Development, RSA, awarded \$50,000 to the Massachusetts Rehabilitation Commission for the establishment of a Client Assistance Project.

Through Housing and Community Development Act funding, the city of Wichita, Kansas, set aside \$75,000 to be used the first year to remove architectural barriers.

The latest Michelin Guide for France includes the accessibility symbol.

All Massachusetts Housing Finance Agency buildings must have 5% of its units built for people who are disabled.

Two accessible homes were built as an investment in a subdivision in Roswell, New Mexico by John Owen, Inc., Realtors. They were advertised in

the Sunday paper with the international access symbol. One sold immediately and the other shortly thereafter.

Kennedy Center has special arrangements for the wheel-chaired to purchase tickets, park, enter, and sit in an aisle or in a box. Write: Friends of the Kennedy Center, Washington, DC 20566.

As a result of the "Ramp the Curbs" demonstration and follow-up by the organization, Open Doors for the Handicapped, Pittsburgh, Pennsylvania, has begun work on the ramping of 290 curbs in the downtown area.

Citizens for the Freedom Package, a coalition of organizations, gathered more than 34,000 signatures in support of the "Freedom Package" and presented them to the Wisconsin State Assembly in September, 1975. In addition to the civil rights bill for the physically disabled, the petitions supported ten other bills that would ensure the equality of citizens with disabilities. These include better public transportation, accessibility in public buildings, and identification cards for non-driving disabled persons.

To remove architectural barriers from all public facilities, New Mexico has hired a full-time specialist to develop an educational program to reach architects, engineers, and contractors on ways to conform to the state building code. The specialist will work with an advisory committee of disabled citizens.

The Southern California Rapid Transit District has taken significant steps to ensure accessible transportation: appointed a disabled consultant; formed a citizens advisory committee; established a reduced fare program; and required that all new buses provide access through a lift, ramp, or a lower floor.

Massachusetts Association of Paraplegics won a suit against the City of Worcester for noncompliance with the curb cut law.

Huntsville, Alabama, has committed about \$35,000 in HUD funds to ramp 650 curbs.

Architectural Barriers and Housing Design

Barrier-Free: Accessibility for the Handicapped. By Phyllis Tica. 30 pages. 1974. \$1.50 from: Institute for Research and Development in Occupational Education, 1411 Broadway, New York, New York 10018.

Into the Mainstream: A Syllabus for A Barrier-Free Environment. By S. A. Kliment. Published in June 1975, this syllabus was prepared under a grant to the American Institute of Architects by the Rehabilitation Services Administration, HEW. Copies have been distributed to all architects in the U.S. Write to RSA, HEW, Washington, D.C. 20201.

The California Paralyzed Veterans Association has created an excellent set of drawings of ramps, parking, telephones, rest rooms, etc. They are available from M. N. Spencer, 6331 Reubens Drive, Huntington Beach, California 92647.

Barrier Free Design Graphics. March 1975. Looseleaf. Robert A. L. Williams, an architect who teaches Barrier Free Design at Lawrence Institute of Technology in Southfield, Michigan, has illustrated the Michigan accessibility rules. \$2 from: League-Goodwill, Department 1000, 1401 Ash Street, Detroit, Michigan 48208.

Progress Toward A Barrier-Free Environment. Report of all-day symposium held at St. Mary's College, Moraga, California, by the Easter Seal Society for Crippled Children and Adults of Contra Costa County, 2363 Boulevard Circle, Walnut Creek, California 94595.

"APWA Guidelines for Design & Construction of Curb Ramps for the Physically Handicapped." This 8-page booklet is designed to guide city engineers in the construction of curb ramps that will be usable by the nondisabled as well as all types of

disabilities, including the blind. Free from: American Public Works Association, 1313 East 60th Street, Chicago, Illinois 60637.

"Access Chicago." Handbook of barrier-free design for architects and designers. Concise 10-page booklet that summarizes the essential criteria. Free from: Access Chicago, Rehabilitation Institute of Chicago, 345 East Superior, Chicago, Illinois 60611.

First Report of the Architectural and Transportation Barriers Compliance Board to the Congress of the United States. 1974. 164 pages. Printed by HEW. (If readers have any complaints about lack of compliance with the A/B Act of 1968, they should send the details to: Architectural and Transportation Barriers Compliance Board, Room 1004, Switzer Building, 330 C Street, SW, Washington, DC 20201.)

The symbol of access is detailed in a free booklet, *"People are Asking About . . . Displaying the Symbol of Access,"* which is available from the President's Committee on Employment of the Handicapped, Washington, DC 20210. The access symbol is available on signs and decals from: Seton Name Plate Corporation, 592 Boulevard, New Haven, Connecticut 06505.

Proceedings of National Conference on Housing and the Handicapped. September, 1974. The one-day conference convened by Goodwill Industries of America, brought together individuals and representatives of voluntary and governmental organizations. 61 pages. \$2 from Health and Education Resources, Inc., 9650 Rockville Pike, Bethesda, Maryland 20014.

The National Center for a Barrier Free Environment, 8401 Connecticut Avenue, Washington, DC 20015, was established as a result of the 1974 housing conference in Houston

(above). It is serving as a national clearinghouse of information. Annual memberships range from \$10 for individuals to \$1000 for national organizations and include an attractive and informative newsletter, *"Report."*

Barrier Free Design. Report of a United Nations Expert Group Meeting. June, 1975. \$5 from Rehabilitation International, 122 East 23rd Street, New York, New York 10010.

Kitchen Sense for Disabled and Elderly People. By S. Foot, M. Lane, and J. Mara. 1975. Order from: Disabled Living Foundation, 346 Kensington High Street, London W14 8NS, England 1.25.

Barrier-Free Site Design. Attractively illustrated report of the American Society of Landscape Architects Foundation's designs. Sponsored by HUD. 1975. 82 pages. \$2.30 from Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402. Stock #023-000-00291-4.

Landscape Design for the Disabled. By Jay Jorgensen. Illustrated. 117 pages. 1975. \$5.50 from: American Society of Landscape Architects Foundation, Publications department, 1750 Old Meadow Road, McLean, Virginia 22101.

Arthritis

Self-Help Manual for Arthritis Patients. By J. L. Klinger. This 124-page paperback is a treasure of information, for all disabilities as well as arthritis, for the patient as well as the professional. Three cheers for the lovely little price of \$1! Order from: The Arthritis Foundation, 1212 Avenue of the Americas, New York, New York 10036.

Children

The Child With Spina Bifida. By C. A. Swinyard. 1975. 29-page booklet. 50c from: Publications Office, Institute of Rehabilitation Medicine, New York University Medical Center, 400 East 34th Street, New York, New York 10016.

Help for the Handicapped Child. By F. Weiner. 1973. 212 pages. Descriptions of disabilities and general helpful information and sources of assistance. \$7.95. McGraw-Hill Book Company, 1221 Avenue of the Americas, New York, New York 10020.

Psychology and the Handicapped Child. A publication of the Bureau of Education for the Handicapped. 185 pages. 1974. \$2.60 from: Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402.

Clothing

Semi-custom made women's clothing with special features for the dress problems of the disabled. HANDEE for you, 7674 Park Avenue, Lowville, New York 13367. Free brochure.

Bathing suits, slips, bras, etc., with front closures and Velcro are illustrated in the 25c catalog from FashionABLE, Rocky Hill, New Jersey 08553.

Clothing patterns for the wheelchair—easy on and off designs—are described in a free brochure from: Mrs. Kay Caddell, Research Associate, Textile Research Center, Box 4150, Lubbock, Texas 79409.

Employment

How to Go to Work When Your Husband Is Against It, Your Children Aren't Old Enough, and There's Nothing You Can Do Anyhow. By F. N. Schwartz, M. H. Schifter, and S. S. Gilloti. Though directed at the educated mother homebound by small children, this book is useful to the disabled person because it contains helpful advice for someone who has been out of circulation for some time. It analyzes 51 different careers, including training, experience,

earnings, number in field, needs, and includes sources of additional information and recommended reading. Paperback, 350 pages. 1973. \$2.95. A Fireside Book, published by Simon and Schuster, Rockefeller Center, 630 Fifth Avenue, New York, New York 10020.

General

Consider (Understanding Disability as a Way of Life). A reprint of a series of 35 newspaper articles by Harriet May Savitz. 40 pages. \$2. Sister Kenny Institute, 1800 Chicago Avenue, Minneapolis, Minnesota 55404.

Summary of Information on Projects and Activities in the Field of Rehabilitation of the Disabled During 1974. English only. Mimeographed. 96 pages. Free from: Rehabilitation Unit for the Disabled, SWS, United Nations, New York.

First Class Citizenship for the Handicapped People. The 1974 annual report of the National Advisory Committee on the Handicapped. 55c from: Public Documents Distribution Center, Pueblo, Colorado 81009. Publication number: HE 5.86/a:974 and S/N 017-080-013294.

General Information to Help the Recently Disabled. 24-page booklet, published in 1974. \$1.25 from: INA MEND institute, Human Resources Center, I. U. Willets Road, Albertson, New York 11507.

Special People Behind the 8-Ball. An annotated bibliography of literature classified by handicapped conditions. By J. Mullins and S. Wolfe. 202 pages. 1975. Mafex Associates, Inc., 90 Cherry Street, Johnstown, Pennsylvania 15902.

What You Can Do For Yourself. Hints for the handicapped. By P. Galbreath, who has syndicated a program on information for the disabled for a number of years. The book covers ideas and methods of achieving independence through knowledge and equipment. The attractive author has acquired her expertise in her 15 years in a wheelchair. 272 pages. 1974. \$12 from: Drake Publications, 381 Park Avenue South, New York, New York 10016.

Research Directory of the Rehabilitation Research and Training Centers. More than 400 pages of fascinating information divided into: abstracts, investigator index, and subject index. Copies of the Research Directory (latest: Fiscal Year 1974), Newsletter, and Audiovisual Aids Directory can be obtained at no charge by writing to: Special Centers Office, Rehabilitation Services Administration, Department of Health, Education, and Welfare, 330 C Street, SW, Washington, DC 20201.

Audiovisual Aids Directory of the Rehabilitation Research and Training Centers. A summary of the films produced by the 22 R&T centers. So comprehensive that the subject index of the June 1975 edition fills 36 pages. Request from address above.

A Resource Guide for the Disabled of Massachusetts. Published in March, 1975, this booklet covers all aspects of community needs and resources. Useful to disabled individuals as well as counselors. \$2 from: MAP, P.O. Box 48, Bedford, Massachusetts 01730.

Legislation

A Summary of Selected Legislation Relating to the Handicapped. By the U.S. Department of HEW. 38 pages. 1974. 70c from: Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402.

Affirmative Action to Employ Handicapped People. How the new law on federal contracts affects the employer, protects the jobseeker and employee. A clear and helpful explanation of Section 503 of the Rehabilitation Act of 1973. 6 pages. Free from: The President's Committee on Employment of the Handicapped, Washington, DC 20210.

National Center for Law and the Handicapped, Inc., 1235 North Eddy Street, South Bend, Indiana 46617. Phone: 219-288-4751. We urge every disabled person to ask to be on the mailing list of the new publication of NCLH, *Amicus*. It will be sent free, every other month. The magazine will give comprehensive coverage of developments in the area of law and

the handicapped, with in-depth features on the effect of these developments on the consumer and society.

Numbers of Disabled

One in Eleven. A summary of the facts relating to the disabled drawn from the 1970 U.S. Census. For instance, one out of every eleven adult Americans is disabled; 52% have incomes less than \$2000; 50% did not finish high school. Free from: President's Committee on Employment of the Handicapped, Washington, D.C. 20210.

Unpublished data from a 1971 Health Interview Survey of the National Center for Health Statistics, HEW, show an estimated 102,000 paraplegics (of all ages) and 51,000 quadriplegics. The incidence rate: 0.5 per 1000 for paraplegics; 0.3 per 1000 for quadriplegics.

The first mandatory registry for spinal cord injuries in the US was legislated in Florida in June, 1975. Contact: Wendy F. Leader, Project Director, Central Registry, 1309 Winewood Boulevard, Tallahassee, Florida 32301.

Professional Education

In a joint program the Center for Independent Living and the Center for Health Studies offer MA and BA degrees in health services administration and psychology. This degree program is the only one in the US focusing on the psychology of disability and using the peer counseling approach as practiced at CIL. Contact: Dominic Harvoston, Center for Independent Living, 2539 Telegraph Avenue, Berkeley, California 94704. Phone: 415-841-4776; extension 33.

Recreation

Swimming for the Handicapped: A Manual for the Aide. 36 pages. 1974. Free from the American National Red Cross, Washington, DC 20006.

Games, Sports and Exercises for the Physically Handicapped. By R. C. Adams, A. Daniel, and L. Rullman.

244-page. Encyclopedic. Attractive and well-illustrated. \$11. Lea & Febiger, 600 South Washington Square, Philadelphia, Pennsylvania 19106.

Materials on Creative Arts (Arts, Crafts, Dance, Drama, and Music) For Persons With Handicapping Conditions. 1975. 99 pages. American Alliance for Health, Physical Education and Recreation, 1201 Sixteenth Street, NW, Washington, DC 20036.

Horticulture as a Therapeutic Aid. By H. D. Brooks and C. J. Oppenheim. 47 pages. 1973. Rehabilitation Monograph 49. \$2 from Institute of Rehabilitation Medicine, New York University Medical Center, 400 East 34th Street, New York, New York 10016.

Remote controls

Aids for the Severely Handicapped. Edited by Keith Copeland, Biophysics Department, Faculty of Medical Sciences, University College, London. 140 pages. 1975. \$12.50 or £4.20. Grune & Stratton, London and 111 Fifth Avenue, New York, New York 10003. In the book 29 authors from England, Canada, Denmark, and Finland describe a variety of remote control devices and communication aids.

Sex

Sexuality and the Spinal Cord Injured Woman. Sue Bregman's interviews with 31 spinal cord injured women explore a broad range of sexual techniques and adjustments. 22 pages. \$1.25. Sister Kenny Institute. 1800 Chicago Avenue, Minneapolis, Minnesota 55404.

"Sexual Function in the Spinal Cord Injured Person." By A. R. Kirby. *Rehabilitation Digest* Vol. 6, No. 2, 1974. 75c from: Canadian Rehabilitation Council for the Disabled, Suite 2110, One Yonge Street, Toronto, Ontario M5E 1E8.

"Sex and Self. The Spinal Cord Injured." By S. P. Singh and T. Magnier. *Rehabilitation Literature*. Jan. 1975. Vol. 36, No. 1. \$1 per copy. National Easter Seal Society for

Crippled Children and Adults, 2023 West Ogden Avenue, Chicago, Illinois 60612.

Not Made of Stone. By K. Heslinga, A. Verkuyl, and A. Schellen. \$15.75 from Charles C Thomas, 301-327 East Lawrence Avenue, Springfield, Illinois 62703. Though intended primarily for physicians, disabled individuals find it informative and explicit.

Sexual Options for Paraplegics and Quadriplegics. By T. O. Mooney, T. M. Cole, and R. A. Chilgren. Written by a spinal cord-injured person and two physicians as a guide to techniques, the text and photographs show unquestionably that disabled people can lead sexually fulfilling lives. Paperback, \$7.95; clothbound, \$12.95. Little, Brown and Company, 34 Beacon Street, Boston, Massachusetts 02106.

Because the National Paraplegia Foundation feels that this book would be of special interest to its members, a descriptive brochure was sent to all members with a letter of endorsement stating, "All techniques and sexual variations presented in this book have been used successfully by other paraplegics and quadriplegics. So now you take the risk of accepting your own sexuality . . . with the possibility of experiencing the joy and excitement of giving and receiving sexual pleasure."

Sex and the Handicapped. A Selected Bibliography (1927-1975). This 55-page multithumbed spiral-bound book covers a wide range of sexual problems and potential. The 23 chapters include: alcoholism, amputation, arthritis, cerebral palsy, drug addiction, multiple sclerosis, the aged, poliomyelitis, and spinal cord injury. The compilation was prepared under the direction of M. G. Eisenberg, PhD, Coordinator of Psycho-Social Rehabilitation, Spinal Cord Injury Service, Veterans Administration Hospital, 10701 East Boulevard, Cleveland, Ohio 44106.

"Sexuality and the Spinal Cord Injured." An annotated bibliography of 34 references, covering the period 1965 to 1975. Sponsored in part by RSA grants. The authors are M. R. Clowers, PhD, Director, Vocational Unit, and C. Taylor, Dip.Lib., Editor,

Department of Rehabilitation Medicine, RJ-30, University of Washington, Seattle, Washington 98195.

Social Security

NWRO Supplemental Security Income Advocates Handbook. Prepared by the Center on Social Welfare Policy and Law, 25 West 43rd Street, New York, New York 10036. Available from the Center for \$3.50. 166 pages, loose leaf binder. 1975. It provides a good working knowledge of SSI.

Social Services '74: A Citizen's Handbook. SRS has produced a primer-style booklet explaining simply and clearly program options and public participation under Title XX of the Social Security Act. More than two million copies have been distributed. Copies are available from: Publications Distribution Section, Social and Rehabilitation Service, 330 C Street, SW, Washington, DC 20201.

Southpaws and One-Handers

The Aristera Organization, 9 Rice's Lane, Westport, Connecticut 06880. Catalog for left-handers.

The One-Hander's Book. A Basic Guide to Activities of Daily Living. By Veronica Washam. 120 pages. 1973. \$10.95. John Day Company. Order from Intext, c/o Haddon Distribution Center, O'Neil Highway, Dunmore, Pennsylvania 18512. Profusely illustrated, the book covers all phases of daily living as well as travel, dining out, baby care, and sewing.

Left-Handed Compliment, 1430 Village Way, Santa Ana, California 92705. The Left Hand. Catalog: 50c. 145 East 27th Street, New York, New York 10016.

Spinal Cord Injured

A Continuation of Life. 45 minute color film. Discussion by spinal cord injured of their feelings, problems, goals, and solutions. Useful for patient education and group counseling. \$45 per week rental. Sister Kenny Institute. 1800 Chicago Avenue, Minneapolis, Minnesota 55404.

Spinal Cord Injury: A Treatment Guide for Occupational Therapists. By D. J. Wilson, M. W. McKenzie, and L. M. Barber of the Occupational Therapy Department of Rancho Los Amigos Hospital. 90 pages. 1974. Attractively and clearly presented, this illustrated manual would be of value to the SCI as well as those who deal with them. \$7 from Charles B. Slack, Inc., 6900 Grove Road, Thorofare, New Jersey 08086.

Quadriplegia After Spinal Cord Injury: A Treatment Guide. By J. Duttarar and E. Edberg of the Physical Therapy Department of Rancho Los Amigos Hospital. This 50-page manual is equally concise and attractive. Same price. Same publisher. Same usefulness.

How to Get Help If You Are Paralyzed. An excellent source of information! Every para and quad should have a copy of this 16-page booklet! 50c from National Paraplegia Foundation, 333 North Michigan Avenue, Chicago, Illinois 60601.

A Basic Library of Paraplegia Publications. Free from the National Paraplegia Foundation. (Address above.)

The convention journal of the 1975 meeting of the National Paraplegia Foundation in Ft. Worth is an excellent source of information about spinal cord injury as well as of the NPF. Price \$2 from: NPF, 333 North Michigan Avenue, Chicago, Illinois 60601.

"Changes," a 16mm sound and color motion picture composed of interviews with staff members of Craig Rehabilitation Hospital and successfully rehabilitated patients, is available on free loan to hospitals and medical centers. Request from: Modern Talking Picture Service, 2323 New Hyde Park Road, New Hyde Park, New York 11040.

Physical Management for the Quadriplegic Patient. By J. R. Ford and B. Duckworth. Three-fourths of this 392-page book consists of large, clear photographs showing the steps in various activities. It covers every phase of living, including many independent living activities that are not usually associated with quad-

riplegics. Challenging to quads, the book will be equally valuable to doctors and therapists. The authors are on the staff of the G. F. Strong Rehabilitation Center in Vancouver, British Columbia. They know whereof they illustrate! It is a beautiful and informative book! \$20 from F. A. Davis Company, 1915 Arch Street, Philadelphia, Pennsylvania 19103.

Strokes and Speech Problems

First Aid for Aphasics by Joseph S. Keenan, PhD. A 17-page booklet. A simplified guide to speech therapy. 35c from The National Easter Seal Society for Crippled Children and Adults, 2023 West Ogden Avenue, Chicago, Illinois 60612.

Communication Problems After A Stroke. By Lillian Kay Cohen, MA. Sister Kenny Institute, 1800 Chicago Avenue, Minneapolis, Minnesota 55404. \$1.25. (Send for list of relevant publications since there is a handling charge of \$1 on orders totaling less than \$5.)

About Stroke. The 33-page booklet is written by the Sister Kenny Institute Staff. Published in 1975, it is available for 75c from the address above.

Silent Victory by Carmen McBride, 7729 North McGee, Kansas City, 64118. Mrs. McBride, a talented writer, has written a tender and informative story of her husband's struggle with aphasia. Price: \$5.95. 186 pages. Published in 1969.

Stroke Clubs of America. 805-12th Street, Galveston, Texas 77550. Free membership and newsletter.

Transportation

Transportation Needs of the Mobility Limited. By R. M. Michaels and N. S. Weiler of the Transportation Center, Northwestern University. A 269-page report of a study sponsored by the Northeastern Illinois Planning Commission and financed in part by UMTA. \$5.50, plus \$1.50 postage, from: Northeastern Illinois Planning Commission, 10 south Riverside Plaza, Chicago, Illinois 60606.

Denver initiated the nation's first comprehensive bus program to serve the elderly and disabled. Twelve 16-passenger buses have been in operation since February, 1975. Each vehicle is equipped with low steps, grab bars, wheelchair lifts, tie-downs, and chimes (for the blind). An informative folder of facts sheets is available from: Regional Transportation District, 1325 South Colorado Boulevard, Denver, Colorado 80222.

Transportation for the Handicapped. Bibliography of 225 selected references from 1969-1974. Available from: Library Services Division, Department of Transportation, Washington DC 20590.

A Directory of Vehicles and Related Systems Components for the Elderly and Handicapped by J. A. DeBenedictis of the Franklin Institute Research Laboratories. Available from: Mr. James F. Campbell, Department of Transportation, Urban Mass Transportation Administration, Washington, DC 20590. Project 3956, Grant No. PA-06-0031.

COALITIONS

AMERICAN COALITION OF CITIZENS WITH DISABILITIES. As we have seen the evolution and growth of ACCD we feel even more enthusiastic about the necessity of a nationwide coalition of individuals and organizations if there is to be strong unified action.

Through such unity the elderly made the White House Conference on Aging the catalyst for the Older Americans Act and for a recognition of the needs of the elderly for area agencies, housing, meals on wheels, etc. The forthcoming White House Conference on Handicapped Individuals can also be the catalyst for a Disabled Americans Act and for recognition of the needs of the disabled—if there is forceful cohesion among the disabled themselves.

Details of the ACCD were included in the 1974 issue, pages

Travel

Wheelchair Vagabond. By John G. Nelson. 144 pages. \$7.95. Order from: Project Press, 710 Wilshire Boulevard, Santa Monica, California 90401. A potpourri of practical tips, anecdotes, and philosophy written and illustrated with whimsical sketches; a practical and economical approach to camping for the disabled. Nelson, in a wheelchair because of multiple sclerosis, recounts his enjoyment of the independence found in his well-planned journeys. He describes his book as a "guide and a goad" for the disabled traveller.

Guide to France for the Physically Handicapped. 382-page guide in French and English covering accessible airports, hotels, museums, vacation homes, sightseeing, restaurants, etc. \$8.75 including postage from: Comité National Français de Liaison pour la Réadaptation des Handicapés (Dept. 5), 38 Boulevard Raspail, 75007 Paris, France.

Travel for the Handicapped. Interview on cassette with Judd Jacobson, quad-

riplegic, who owns three travel agencies. He lists the essentials for the disabled traveler. 20 minutes. \$5 from Sister Kenny Institute, 1800 Chicago Avenue, Minneapolis, Minnesota 55404.

White House Conference on Handicapped Individuals. The tentative dates for the conference are December 12-15, 1976. State conferences will also be held. The director of the conference, Jack Smith, is wheelchair. He has been Assistant Dean for Education Extension at the National Technical Institute for the Deaf, Rochester Institute of Technology, Rochester, New York. The conference will provide an opportunity for all disabled persons to make their concerns known and to take a major leadership role in what happens in both state and national conferences. Write and express your ideas for the White House Conference on Handicapped Individuals to: Jack Smith, care of Stanley B. Thomas, Jr., Assistant Secretary for Human Development, Office of the Secretary, Department of Health, Education, and Welfare, Washington, DC 20201.

19-20. Briefly, ACCD is a non-profit organization incorporated under the laws of the District of Columbia. Its purpose is "To promote the social and economic well-being of persons with disabilities" and to assure their human and constitutional rights. To accomplish this purpose, the organizers have developed a structure which, while allowing for individual members, consists chiefly of organizations of people with all the various disabilities, including the deaf and the blind.

The emphasis is on maintaining the character and individuality of each member organization and uniting in the ACCD only for the purpose of unified action. Leadership and control are limited to disabled individuals and their organizations. Voluntary and other organizations concerned with disability are limited to associate membership.

We urge our individual readers

and their organizations to join ACCD. Nationwide unity can eventually effect legislation such as the inclusion of the disabled under the Civil Rights Act of 1964 and the removal of attitudinal and architectural barriers; can evolve into group insurance, group travel and vacations; group purchases and endorsement of drugs and equipment; group housing; and group attendants. For details, write to: ACCD, Room 308, 1346 Connecticut Avenue, NW, Washington, DC 20036.

ENGLISH COALITION. The membership of UPIAS (Union of the Physically Impaired Against Segregation) is growing steadily. In addition to individual members throughout Great Britain, there are now 30 member organizations. For membership details, send a stamped/addressed envelope to: Dennis Jarrett, Le Court, Greatham, Liss, Hampshire.

U.S. Periodicals and Newsletters for the Disabled

Periodicals By The Disabled

Accent on Living. P.O. Box 700, Gillum Road & High Drive, Bloomington, Illinois 61701. Quarterly. National. \$3 year.

Achievement. 925 N.E. 122nd St., North Miami, Florida 33161. Monthly. National. \$2 year.

COPH Bulletin. 7611 Oakland Ave., Minneapolis, Minnesota 55403. Quarterly. National. \$2 year.

Handy-Cap Horizons. 3250 E. Loretta Dr., Indianapolis, Indiana 46227. Quarterly. International travel. \$3 year disabled; \$6 year nondisabled.

The Independent. 2054 University Ave., Berkeley, California 94704. Quarterly. National. \$2 year. (Available on cassette.)

The MAP Newsletter. 17 Janet Circle, Shrewsbury, Massachusetts 01545. Monthly. Regional. \$2 year.

NAPH Newsletter. 1162 Lexington Avenue, Columbus, Ohio 43201. Quarterly. National. \$3 year.

National Hookup. 2635 Tungsten Court, Apt. #3, San Bernardino, California 92408. Monthly. National. \$1.50 year.

New World. California Association for the Physically Handicapped, Inc., P.O. Box 229, Northridge, California 91324. Monthly. \$5 year.

Paraplegia Life. National Paraplegia Foundation, 333 North Michigan Avenue, Chicago, Illinois 60601.

Bimonthly. \$4 year.

Paraplegia News. 935 Coastline Drive, Seal Beach, California 90740. Monthly. National. \$4 year.

Rehabilitation Gazette. 4502 Maryland Avenue, St. Louis, Missouri 63108. Yearly. International. \$3 disabled; \$5 nondisabled.

Sports 'n Spokes. 6043 N. Ninth Avenue, Phoenix, Arizona 85013. Quarterly. National. \$4 year.

The Star Newsletter. 6219 Naper Avenue, Chicago, Illinois 60633. Bimonthly. Regional. \$2 year.

Free Newsletters by Disability Groups

Amyotrophic Lateral Sclerosis Foundation, Inc., 2840 Adams Avenue, San Diego, California 92116.

Arthrogryposis Association, 106 Herkimer Street, North Bellmore, New York 11710.

Committee to Combat Huntington's Disease, 250 West 57th Street, New York, New York 10019.

Friedreich's Ataxia Group in America, Inc. Box 11116, Oakland, California 94611.

Little People of America, Inc., 1010 Hilltop Drive, E-1, Grapevine, Texas 76051.

Spina Bifida Association of America, 104 Festone Avenue, New Castle,

Delaware 19720.

Stroke Clubs of America, 805-12th Street, Galveston, Texas 77550.

Free Periodicals for the Disabled

On Your Own Division of Continuing Education, University of Alabama, P.O. Box 2967, University, Alabama 35486. Monthly.

Polling Magazine. United Cerebral Palsy of New York City, Inc., 122 East 23rd Street, New York, New York 10010. Quarterly. Devoted to developmental disabilities.

Amicus. National Center for Law and the Handicapped, Inc., 1235 North Eddy Street, South Bend, Indiana 46617. Bimonthly.

Free U.S. Government Newsletters

Closer Look. National Information Center for the Handicapped, Box 1492, Washington, DC 20013.

Informer. Office of Human Development, Rehabilitation Services Administration, Department of Health, Education, and Welfare, Washington, DC 20201.

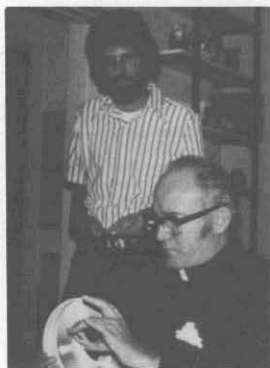
Programs for the Handicapped. Office for Handicapped Individuals, Washington, DC 20201.

The President's Committee on Employment of the Handicapped, Washington, DC 20201: *Performance, Feedback, Newsletter Committee on Recreation & Leisure, and Legislative Memo*.

Greater Saint Louis Photos



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3

1. Roy Campanella helped the St. Louis Cardinals celebrate Doug Landis Day. In wheelchairs: Doug Landis, Herman Davis, and Roy Campanella.
2. Father Bob Ronald, wheelchaired Jesuit missionary in Taiwan, and Father Sheelin de la Roza were guests at 4502 during their tour of the U.S. to raise funds for the self-help organization, Operation De-Handicap, Ho Ping West Road, Sec. 2., Lane 98, No. 6, Taipei 107, Taiwan, Republic of China
3. Colleen Kelly and Max Starkloff, president, St. Louis Chapter, National Paraplegia Foundation, were married on October 4th.



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4. *The Disabled Students Association at Southern Illinois University, Edwardsville, presented a special seven-week radio series titled, "The Disabled: Primed for Progress." Front row: Rochelle Hanyes, Tim Tighe, Joan Parrish, Rita Williams; 2nd row: Dick Goodwin, Vicki Conley, Bill Fieldings; 3rd row: Charles Haynes, Dave Sampson.*
5. *December board meeting of the American Coalition of Citizens with Disabilities at 4502: Lex Frieden, Roger Peterson, Rev. Ellsworth (interpreter), Dick Santos, and Eunice Fiorio.*
6. *Bob and Nanci Tanton. With his sister, her father, and two dogs, they tented and camped in their van from Alabama to the West Coast, returning by way of St. Louis for a visit at 4502. Bob, a C5-6 quad, is one of the Gazette's artists.*
7. *Christmas 1975: Gini and Joe Laurie with their guest from Japan, Naoko Suito.*

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Address Correction Requested



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SALLY J. MANNS
8701 KINGSWOOD, APT. 103
DETROIT, MI 48221

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Available Back Issues

In addition to the special features listed below, all the issues contain first person accounts of the experiences of severely disabled individuals in obtaining higher education, training, or employment, reviews of books of special interest, and excerpts from readers around the world seeking pen friends.

1962. Vol. V. Experiences of quads acquiring higher education by telephone, correspondence, and attendance. Reading aids. New approaches to attendants. Voiceresponse Club. Self-aspirator.

1963. Vol. VI. Quads and their families at home, marriage, and adoption. Housing around the world. Wheelchair cushions. Australian fibre glass lung. Vacations and camping. English chair/bed.

***1964. Vol. VII.** Quads around the world. Foot-typing. Clothing. Mouthsticks. Portable rocking bed. Painting aids. Home study. Contesting. Toileting. Photography. Arm slings. Postal chess. Bowling.

1965. Vol. VIII. Traveling quads. Medical engineering—arm aids, foot-operated aids, multi-controls. Quad driving—foot-controlled steering, ramps, lifts, aids. Adoption. Housing. Narrowers.

1966. Vol. IX. Vocational rehabilitation. Employment experiences of quads. Wheelchairs—self-reclining, respiratory, climbing, foreign. Remote controlled typewriter. Association of Mouth and Foot Painting Artists. Housing. Reading list for quads.

1967. Vol. X. Experiences of 23 disabled college students and 35 employed quads. Citizens band radio. One-hand typing. Wheelchairs—curb-climbing, chin-controlled. Frog breathing. Portable lungs. Sex and the disabled. Alien attendants. Housing summary.

1968. Vol. XI. Tenth anniversary issue. Homemaking experiences of severely disabled individuals. Home-based businesses. Quad driving. Wheelchairs and accessories. Mouth-operated phone. Housing in Mexico and England. Rehabilitation through music. Remote controls.

1969. Vol. XII. The quad in his community. Ramps for home and car. Home care services. Housing complexities. Wheelchairs. Typing aids. Bathroom equipment. Traveling and living in Mexico. Photography.

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