The National Council on Disability (NCD), the independent federal agency working with the President and the Congress to increase the inclusion, independence, and empowerment of all Americans with disabilities, publishes the NCD Bulletin; free of charge and available in alternative formats; contains latest issues (legislative) and news affecting people with disabilities; NCD reports soon to be available are Guidance from the Graphical User Interface (GUI) Experience: What GUI Teaches about Technology Access; Improving the Implementation of the Individuals with Disabilities Education Act: Making Schools Work for All of America’s Children Supplement; Access to the National Information Infrastructure and Emerging Information Technologies by People with Disabilities; and Foreign Policy and Disability; contact Stacey Brown, NCD, 1331 F Street, NW, Suite 1050, Washington, DC 20004-1107 (202/272-2074 TT, 202/272-2022 FAX).

Anyone who would like to know more about the basics of the Social Security system can request a small 18-page booklet, Basic Facts about Social Security by calling the toll-free number 1-800-772-1213.

Social Security is offering educational materials to high school teachers; video, factsheets, materials to be used as handouts and/or transparencies, and a teacher's guide; designed to show the value of the Social Security program; teachers may order the new kit by writing to: Social Security Teacher's Kit, P.O. Box 17743, Baltimore, MD 21235, or Fax 410/965-0696, or through the internet at http://www.ssa.gov.

PDS Disability Facts and Social Security Trends, a quarterly newsletter edited by disability lawyer Doug Smith; updates on proving qualifications, keeping benefits, and work programs that can supplement benefits; $19.95 annually; order from Physicians' Disability Services, Inc., P.O. Box 827, Arnold, MD 21012 (410/974-1111).

Disability Resources Monthly (DRM) monitors, reviews, and reports on resources for independent living. A subscription costs $25 for one year ($30 Canada, $35 overseas); contact Disability Resources, Inc., Four Glatter Lane, Centereach, NY 11720-1032 (516/585-0290).

Accent Buyer's Guide - 1996-97 Edition (#1460) lists hundreds of new products and sources; $15.00; Accent on Living, P.O. Box 7001, Bloomington, IL 61702 (800/787-8444).

International Guide to Patient Support Organizations and other information is available from We Move: Worldwide Education and Awareness for Movement Disorders which promotes awareness of movement disorders (Ataxia, Dystonia, Huntington’s Disease, Myoclonus, Parkinson’s Disease, Spasticity, Tics and Tourette Syndrome, Restless Legs Syndrome); for educator’s resource materials, contact Mount Sinai Medical Ctr., One Gustave L. Levy Place, Box 1052, New York, NY 10029 (800/437-MOV2 or 212/241-8567).

The National Headache Foundation publishes NHF Head Lines, a quarterly publication; annual membership is $15.00; contact National Headache Foundation, 428 West St. James Place, 2nd Floor, Chicago, IL 60614-2750 (800/843-2256).

Lisa Mellow, occupational therapist on the spinal cord injury team at HealthSouth Dallas Rehabilitation Institute, has recently written a handbook entitled Sex and Sexuality after a Spinal Cord Injury: A Guide for the Spinal Cord Injured Male: $10.00 plus shipping; contact Lisa Mellow, OTR, 15215 Berry Trail, #102, Dallas, TX 75248 (214/233-9813).

The Atlanta Accessibility Guide, a 64-page booklet, is tailored to visitors to Atlanta, with emphasis on sites located in Downtown, Mid-town, and Buckhead, listing only those facilities that are either basically accessible or meet current ADA accessibility guidelines; copies available in Shepherd Center’s Noble Learning Resource Center, 202 Peachtree Rd. NW and at the ASID — Georgia Chapter Office, 351 Peachtree Hills Ave., Ste. 504A or by calling 404/350-7473 or 404/231-3938 respectively; also available via the internet through Shepherd’s web site: http://www.shepherd.org. Single copies are provided at no charge.

Books

Encyclopedia of Disability and Rehabilitation (ISBN 0-02-897297-X) edited by Arthur E. Dell Orto and Robert P. Marinelli; 820 pages, bibliographies, list of resources, index; articles are arranged alphabetically and fully cross-referenced; each entry includes a bibliography; $105.00; Macmillan Reference, New York, NY.

Pulmonary Rehabilitation: The Obstructive and Paralytic Conditions (ISBN 1-56053-109-6) edited by John R. Bach, MD, Professor and Vice Chairman of Department of Physical Medicine and Rehabilitation at the University of Medicine and Dentistry of New Jersey, New Jersey Medical School, Newark, New Jersey; assisted by 40 contributors; 450 pages, 200 illustrations; $69.95 U.S., $79.95 outside U.S.; Hanley & Belfus, Inc., Medical Publishers, 210 South 13th Street, Philadelphia, PA 19107
FOR YOUR INFORMATION, cont.

(800/962-1892, 215/546-7293 or FAX 215/790-9330).

Managing Your Health Care: Making the Most of Your Medical Resources (ISBN 0-934793-59-X) by Martin Gipson, PhD, Terry Liskovitch, PhD, Edwin Swillinger, MD; 96 pages, appendix and index; $9.95; 77 pages; available from local bookstores or Pathfinder Publishing of California, 458 Dorothy Ave., Ventura, CA 93003-1723 (805/642-9278 or FAX 805/650-3656).


Health Online: How to Find Health Information, Support Groups, and Self-Help Communities in Cyberspace (ISBN 0-201-40989-5) by Tom Ferguson, MD, medical editor for The Millennium Whole Earth Catalog; orients readers to the online world, slowly defining commonly used terms, explains how to get set up with a computer and modem, takes readers on a step-by-step tour through the self-help neighborhoods; 308 pages; $17.00; Addison-Wesley, Jacob Way, Reading, MA 01867 (617/944-3700) or 170 Fifth Ave., New York, NY 10010 (212/463-8440).


VIDEOS

Helping Hands, a video guide to accommodating disabilities in the workplace, shows that technology, creativity, and flexibility are key and demonstrates that many modifications or adaptations can be made simply by using ingenuity or common sense; open captioned, 37 minutes; purchase $195 or rental $50; Order No. LL-174; contact Fanlight Productions, 47 Halifax Street, Boston, MA 02130 (800/937-4113).

“The Ten Commandments of Communicating with People with Disabilities” uses humor to make its point; features people with all types of disabilities in a series of vignettes; available in open- and closed-captioned format; with audio descriptor; includes 11 pages of printed resources; $195; contact Program Development Associates at 800/543-2119.

“This is YOUR Right” is a new two-part advocacy video patterned after a news magazine type television show like 60 Minutes, complete with anchors, segments, field reports and commercials; includes two 30-minute VHS cassettes (open and closed captioning and audio descriptor) and printed training resources; #TTRYR136; $139; for more information, contact Program Development Associates, 5620 Business Ave., Suite B, Cicero, NY 13039 (800/543-2119 or 315/452-0710 FAX or e-mail 73601.2736@Compuserve.com).

MORE...about the Polio Experience

Books

In the Shadow of Polio: A Personal and Social History (ISBN 0-201-40739-6); 320 pages; $23; by Kathryn Black; Addison-Wesley, Jacob Way, Reading, MA 01867 (617/944-3700) or 170 Fifth Ave., New York, NY 10010 (212/463-8440), or your local bookstore.


Treatment and Condition Remain Unchanged (ISBN 0-8062-4959-5) by Kevin E. Jordan; “not a story as much as it is a compilation of facts from the actual medical record” from August 1960 diagnosis through last surgery (Hibbs procedure) in August of 1975; 87 pages; $10.95; Carlton Press Corporation, 11 West 32nd St., New York, NY (212/714-0300).

Poems for a Rainy Day by LaVonne Schoneman, collector/creator of “How to Cope” books; $10.00; for poems or for ordering information about How to Cope books, contact LaVonne Schoneman, 16734 8th NE, Seattle, WA 98155 USA (206/362-0627).

VIDEOS

Breathing Lessons: The Life and Work of Mark O’Brien, produced by Inscrutable Films with Pacific News Service, features poet-journalist Mark O’Brien, a polio survivor who spends time in an iron lung; incorporates O’Brien’s poetry and his candid, wry, and often profound reflections on work, sex, death, and God; 35 minutes; $195 purchase or $50/day rental; Order No. LL-180; Fanlight Productions, 47 Halifax St., Boston, MA 02130 (800/937-4113).

Post-Polio: Echoes produced by Southern Alberta Post-Polio Support Society; Southern Alberta Post-Polio Support Society, #7-11 Street, NE, Calgary, Alberta, T2E 4Z2, Canada (403/265-5041 or 403/265-0162 FAX); 27 minutes; $15 plus $4 S&H Canadian funds. ■
AirLifeLine, Inc., a non-profit organization providing free transportation to patients traveling to and from medical treatment and in financial need; contact AirLifeLine Inc. at 800/446-1231 or Fax 916/429-2166.

For information about how people with rare disorders or diseases can be helped through Mercy Medical Airlift's programs, call the HOT-LINE at 800/296-1217.

National Center on Accessibility is committed to the full participation in parks, recreation, and tourism by people with disabilities; contact National Center on Accessibility, 5020 State Rd 67 North, Martinsville, IN 46151 (314/349-9240, 800/424-1877, Fax 317/342-6658 or http://www.indiana.edu:80/~bradwood/ncahome.html).

Disability Research Network (DRN), an information and referral service for disability related topics - disabilities/conditions, education, employment, adaptive equipment, funding and financial resources, recreation/travel, standards/statistics/surveys; funded by a grant from the Illinois Department of Rehabilitation Services (DORS); Springfield Center for Independent Living (SCIL). Call 800/447-4221 (v/tty) or Fax 217/523-0427 for more information. All out-of-state requests will be charged $10.00 to cover operational costs.

For information about SeniorNet, call 800/747-6848 or e-mail at seniornet@aol.com. SeniorNet’s web site is: http://www.seniornet.org. SeniorNet is a non-profit national group for senior computer users. Annual membership fee is $35.

The United States Organization for Disabled Athletes (USODA) has changed its name to America’s Disabled Athletes (ADA) and will launch a major effort to involve disabled youth in the full spectrum of athletics ranging from recreation to world class competition. They will establish chapters in cities throughout the country and will target and promote cross-disability and multisport programming by working with local communities, schools and organizations. For additional information call 516/485-3701 or write America’s Disabled Athletes, 143 California Ave., Uniondale, NY 11553.

Screaming Reels & Bowed Rods offers fishing opportunities in the Northwest for people with disabilities; contact Pete Grace, 9806 NE 19th Ave. #17, Vancouver, WA 98665 (360/576-8515 or 800/FISH-ON-7).

McDonald’s introduced updated braille menus in its more than 11,400 U.S. restaurants this month. McDonald’s first introduced its braille menus in 1979, has updated them regularly, and currently is the only quick-service restaurant to offer these menus nationally.

Human Policy Press is an independent press to promote positive attitudes towards people with disabilities. Posters for sale include: P-2 — You Gave Us Your Dimes Now We Want Our Rights, $4.50; P-3 — Recognize Resistance to Change, $3.00; P-5 — Label Jars … Not People, $5.00; P-6 — I Am Blind Yet I See; I Am Deaf Yet I Hear, $6.00; P-8 — If You Thought The Wheel Was Good Idea ..., $4.50; P-9 — Sticks And Stones Can Break My Bones, $6.50. For information, contact Human Policy Press, P.O. Box 127 University Station, Syracuse, NY 13210 USA.

Syracuse University established a Disabilities Studies Concentration at the graduate level in Cultural Foundations of Education, School of Education. The purpose of this concentration is not to provide professional certification, but to provide intellectual and methodological tools to enhance a leadership role in disability research, policy, and practice in public and private organizations. For further information, contact: Steven J. Taylor, PhD, Coordinator, Disability Studies Concentration, Cultural Foundations of Education, School of Education, 805 South Crouse Ave., Syracuse, NY 13244-2280 (315/443-4484 or e-mail: staylo01@mailbox.syr.edu).

To receive the free packet of Disability Product Postcards, send your name and address to Disability Product Postcards, P.O. Box 220, Horsham, PA 19044. Each packet contains several postcard advertisements from manufacturers of products for people with disabilities.

Northwest Wisconsin Respiratory Residence in Frederic, WI opened recently. Created for the ventilator-assisted quadriplegic, this ranch-style home has three private bedrooms, dining room, sitting room, with kitchen and laundry duties provided by the nursing staff. Contact: Linda Nissen, RN at 715/483-9413.

“Want to Resolve Your ADA Complaint? Consider Mediation” is a brochure which explains what mediation is, its advantages and disadvantages, how the process works, and how to find a qualified mediator. The brochure is currently available from the Department of Justice’s ADA Information Line by calling 800/514-0301 (voice) or 800/514-0383 (TDD) and talking with an ADA specialist.

The Department of Justice continues to expand the ADA Information Files placed in 15,000 libraries across the country. Items have been placed at the reference desk in most of the libraries.
When you take a step forward, move forward with your good leg and the bum will swing forward too, as you move your crutches in place. Your good leg does not need crutch support. It is the main support and balance for walking. It is most important to develop a good sense of balance and coordination in order to be comfortable with crutches. I wear a built-up shoe on my shorter (bum) leg and am not allowed to place weight on that leg. I rest the toe of that built-up shoe on the ground as a balance. This is a great asset as I handle my sticks because every bit of balance helps.

Crutch users must always be alert and aware of the surroundings. Watch the surfaces of streets, walks, and stairs. Crutch tips will slide quickly on water, oil, food scrapes, loose gravel, ice, highly polished floors, etc.; and when the tips cannot grip the surface, you can take a tumble.

Keep a small rag or tissues available to dry your rubber tips off when necessary. If you have nothing else to use, wipe them on the tops of your shoes, if they are made of an absorbent material, or use your pants leg. Sometimes I stand in one spot on a carpet or door mat and do a Chubby Checker "twist" to dry those rubber tips.

These are my tips or tricks. Crutches are always a challenge; these tips might help you meet that challenge. Give them a try to see if they can fit into your life style.

Crutch position...
I have been asked, "Don't your armpits get sore and hurt using crutches all the time?" The tops of the crutches should never touch your armpits. A two- to three-finger width should be between the top of the crutch and the armpit, with your weight carried by your extended arm and hand on the hand grip. This strengthens your arms and may cause calluses on your hands, but those calluses are symbols of success. Improper positioning of crutches in the armpit area may cause compressed nerve damage there and soreness.

Using the stairs - Going up and down the stairs always frightened me until I devised my slogan; "Up with the good; down with the bad." Whenever I use the stairs, the good leg always goes up the stairs first, and the bum leg always goes down the stairs first.

Remember those wing nuts and have them turned away from the stair edge for safety's sake. They can get caught in the carpet, rubber tread or wood of the stairs and cause a tumble.

When I go up the stairs, I place my good leg on the stair, and I make sure the toe of my shoe is against the riser of the step. When I go down the stairs, my bum leg goes first, and I make sure the back of the heel of my shoe slides against the stair edge and riser, as it moves down to the step. I then know my foot is completely on the step and I feel secure.

Going down stairs...
(Some stairs will have hand rails on both sides) — If you use the hand rail on the right side, make sure you are well balanced, then quickly slide your hand and wrist into the space between the top of the crutch and the hand grip, from the inside of the crutch on your right side. Place this hand on the handrail and go down the stairs one at a time, as the crutch follows you down the stairs. Remember those wing nuts. Also, the bum leg and crutch opposite the handrail, go down first as you slide your hand along the rail. You do not need support for your good leg which is on the step you leave. The crutch you drag will "bump" down the steps beside and behind you, while it rests on your hand and wrist. When you reach the bottom of the stairs, balance yourself again, and reposition your crutch correctly. You did it!

With hand rail on the left side, just reverse the procedure for hand rail on the right side. Practice will make you feel secure and comfortable as you use this stair tip.

Going up stairs...
I find the standard method of using both crutches easier for me, but if you use the hand rails, the bum leg should be on the side with the hand rail. Follow the same procedure as suggested for going down stairs by placing your hand on the rail, through the upper part of the crutch, and drag your crutch up the stairs behind you. As you go up, remember the good leg goes up first and bears your weight and serves as balance, while the bum leg waits with the crutches. Then, as you bring the crutches up the step and slide your hand along the rail, the bum leg follows.


**Opening doors ...**

Doors can be an obstacle. How to handle this obstacle begins with the knowledge of how various types of doors operate. Most doors in public buildings have spring or hydraulic closures, which require quick action on your part. When this type of door swings away from you, stand close to the center of the door, and with balance, take your hand off the hand grip of the crutch nearest the hinged side of the door. Place that hand as close as possible to the edge of the door opposite the hinge side and give a good push to open the door. Then quickly replace your hand on the hand grip of that crutch, and before the door swings back, place the bottom tip of that crutch against the bottom of the door to hold it open. (Remember, your good leg will support you as you place this crutch against the open door.) Then bring your other crutch forward and your body follows through with your regular gait.

The directions are detailed, but these door tips will help to add more independence to your life; you can come and go by yourself!

**Narrow aisles ...**

I always felt squashed and curtailed trying to use my crutches in a narrow aisle or space, especially on an airplane or when being seated in a row of seats, until I learned to walk sideways on my sticks. I also go sideways around the house when chairs are close to my path. You can move right or left, but I have found it easier to go in the direction of my bum leg. Balancing on your good leg, take a side step with your crutches in the intended direction. This will put the farthest crutch a step to the side, and the closest crutch will be in front of your bum leg. With your weight on the crutches, take a side step with your good leg to the middle of the step space. As you do this, your whole body will also be moving along, and you are on your way. It may seem a bit awkward as you follow these directions, but as you take the side step, you will see a pattern and a follow-through motion will develop. This will be a slower gait than forward motion, but it will get you there.

**Retrieving dropped items ...**

With balance on your good leg, place both crutches to the side of your good leg and hold them together with that hand on both hand grips. Then bend over from the waist and use your free hand to retrieve the item, with your weight on the good leg as you hold your crutches together at the hand grips. After you have retrieved the item and deposited it nearby, keep one crutch on the side with the good leg, while you move the other crutch to the other side and grasp it at the hand grip. Job well done!

**Crutch care ...**

Keep your crutches in good shape. Replace the rubber tops, hand grips, and bottom tips whenever they show wear or are torn. This is especially true for the bottom tips; they become smooth and your stability is lost. Your crutches are your best friends! Treat them right!

With practice and determination, anyone can handle crutches well. Do not give up!

These “tricks with sticks” help me to be more independent and feel better about myself. I try to walk tall and enjoy life — you can, too!

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Several disability groups contacted the Disney Corporation months ago about the negative impact of the remake of “The Hunchback of Notre Dame” on people with disabilities. To express your personal concern, contact:

Mr. Michael Eisner  
Chief Executive Officer  
Walt Disney Company  
500 South Buena Vista Street  
Burbank, CA 91521-0001

or ...

write a letter to your local newspaper editor.

A gentleman has had Ankylosis Spondylitis for many years and is now nearly bent in half. We need to hear from people who have advice on, or experience with surgery. We would also like to hear from people who have practical ideas and product information for prism eyewear that allows one to see forward while looking downward.

Donald Willcox  
Foundation for Support & Development of Disabled Persons/Thailand  
Chiang Mai Office, 195/197 Ban Tanawan  
Moo 8, Tambon Nupeeseu, Amphur Muang, Chiang Mai 50300, Thailand  
(Phone & FAX: 66-53 240935)

Things to Do

1996 AUGUST  
Ninth Annual Rehabilitation Conference: Rehabilitation’s Place in the Managed Care Puzzle, AUGUST 15-16, Radisson Plaza Hotel, Lexington, Kentucky. Contact: Carol Pearcy, Director, Office of Continuing Education, College of Allied Health Professions, University of Kentucky, 465 E. High Street, Ste. 204, Lexington, KY 40507-1941 (606/323-6459 or 606/323-2437 FAX or e-mail: cpear0@pop.uky.edu).

‘96 Abilities Expo, AUGUST 16-18, (during Paralympic Games), Atlanta, Georgia. Contact: Abilities Expo, 363 Reef Rd., P.O. Box 915, Fairfield, CT 06430-0915 (203/256-4700).


18th World Congress of Rehabilitation International, SEPTEMBER 16-20, Auckland, New Zealand. Contact: Convention Management, P.O. Box 2009, Auckland, New Zealand (64-9-360 1980).


Exceptional Parent Live, A 25th Anniversary Celebration! OCTOBER 17-20, Anaheim, California. Contact: Mr. Sandy.
G.I.N.I.
Research Fund Contributors

G.I.N.I. expresses its appreciation to the families of:

Kathryn (Kay) L. Burt, Idaho
Betty Bradley Hughes, Florida
Clifford F. Holler, New York
Barbara Ingerson, California
Thomas A. Lock, Illinois

for the memorial contributions to the G.I.N.I. Research Fund in honor of their loved ones.

Other contributors include: Ruth Billman in honor of Dr. Glen Marino; Maria Burgin; Clark S. Callahan in honor of his mother; Henri Charcosset; Ruth Ferry; Elizabeth Van Gieson.

Scheps, Exceptional Parent Magazine, 120 State St., Hackensack, NJ 07601 (800/E-PARENT or 201/489-1240 FAX).

Breaking the Mold: 5th Annual Institute for Inclusive Education, OCTOBER 27-29, Hyatt Regency, Union Station, St. Louis, Missouri. Contact: Cooperating School Districts, 1460 Craig Rd., St. Louis, MO 63146 (314/872-8282).


1997 MARCH 6th International Conference on Home Mechanical Ventilation, MARCH 5-7, Lyon, France. Contact: J.I.V.D., Service de Reanimation et Assistance Respiratoire, Hopital de la Croix-Rousse, 69317 LYON CEDEX 4 - FRANCE (33 78 39 08 43; 33 78 39 58 63; 1000732.3540 @CompuServe.com).

Deadline for receipt of abstracts: December 15, 1996.

JUNE Seventh Meeting of the European Neurological Society, JUNE 14-18, Rhodes Palace Hotel, Rhodes, Greece. Contact: ENS ‘97, c/o AKM Congress Service, Clarastrasse 57, P.O. Box CH-4005 Basel/Switzerland, (++41 61 691 51 11 or ++41 61 691 81 89 FAX). JULY North American Riding for the Handicapped Association (NARHA), 9th International Therapeutic Riding Congress, JULY 14-20, Denver, Colorado. Contact: Derek Woodbury, P.O. Box 33150, Denver, CO 80223 (800/369-RIDE(7433) or 303/252-4610 FAX).

Thank you for your generous and continued support.

Polio survivor Jack Hanneford, retired from General American Life Insurance Company, was newly-elected to the G.I.N.I. Board of Directors this Spring.

Joe Leone, administrative assistant at G.I.N.I. for the last six years, has been hospitalized. We hope to see him back in the office in a few months.

We are pleased to announce that Sheryl Prater, a long-time acquaintance of G.I.N.I., has joined us. Over the years we have appreciated her artistic abilities in design of our newsletters and materials and will now benefit from her many other talents.
Gazette International Networking Institute’s
REHABILITATION GAZETTE (Vol. 36, No. 2)
(G.I.N.I.)
4207 Lindell Boulevard, #110
Saint Louis, Missouri 63108-2915 USA

Summer '96

Phone: 314/534-0475
Fax: 314/534-5070
Relay MO: 800/735-2966 (TDD), 2466(V).

Also publisher of
Polio Network News and I.V.U.N. News

SEVENTH INTERNATIONAL POST-POLIO AND INDEPENDENT LIVING CONFERENCE
St. Louis, Missouri, USA

Gazette International Networking Institute (G.I.N.I.)
coordinator of
International Polio Network and International Ventilator Users Network
is organizing its seventh international gathering.

Join us Thursday, May 29 through Saturday, May 31, 1997 at the St. Louis Marriott Pavilion Downtown.

To receive a registration packet, contact:
Joan L. Headley or Sheryl Prater at G.I.N.I.,
4207 Lindell Blvd., #110, St. Louis, Missouri 63108-2915 USA
314/534-0475 • 314/534-5070 FAX • gini_intl@msn.com