

disABILITY WELLNESS

Promoting Health and Wellness for Arkansans with Disabilities

Summer 2009

ARKANSAS DISABILITY AND HEALTH PROGRAM



Please
feel free to copy
and distribute the
insert in this newsletter
to others who may
be interested.

BREAST CANCER AFFECTS ALL OF US.

Breast cancer is the most common cancer in women. And living with a disability doesn't make you immune. If you're over 40, check your breasts regularly, and have a mammogram and a clinical exam every 1-2 years. For more information, visit www.cdc.gov/RightToKnow or call 1-800-CDC-INFO (232-4636); 1-888-232-6348 (TTY).



BREAST CANCER SCREENING THE RIGHT TO KNOW

Having a disability does NOT make you immune to breast cancer.
Get your annual mammogram and take charge of your health!

Partners Perspectives

by Mary Edwards



Regardless of our status in life, we all want to live life to the fullest. On September 17-18, 2009 at the Arlington Hotel in Hot Springs, we hope to make some of those connections for our participants.

The theme: "Making the Connection: Living Life to the Fullest," will bring to the forefront as to how to be healthy and happy, help satisfy needs and wants, instilling a sense of value, making a living and how to be an active and concerned citizen. I am sure not all concerns will be addressed at this conference, but hopefully it will stir up appetites to want to learn more and pursue some of those long lost desires to excel.

The opening session will highlight two presenters; first, Dr. Al Condeluci, CEO of UCP of Pittsburgh. Dr. Condeluci has been an advocate and catalyst for building community capacities and understanding culture since 1970. He is a well-known national and international speaker. Al is also an author. His books have won awards and praises for their thoughtful approach to culture and community.

Al will share the podium with Ms. Lois Curtis she is the "LC" of the Olmstead vs. LC and EW. Born in Atlanta, Lois spent much of her life

as a resident in various state-run institutions. Lois sued the state of Georgia after her repeated requests to live in the community were denied. In a landmark decision the U.S. Supreme Court found that "unnecessary institutionalization amounts to segregation and is a violation of an individual's civil rights under the Americans with Disabilities Act." Ms. Curtis is an activist and an accomplished folk artist.

The closing session will also highlight two presenters. Dr. Al Condeluci will share the stage with Ms. Cindy Bentley. Ms. Bentley is from Madison, Wisconsin. Cindy's beginning was difficult, born with fetal alcohol syndrome and had other complications due to her mother's drug addiction. A strong individual both as a child and an adult, she fought for her life and lives to tell the story.

Cindy is a world traveler, Special Olympian, volunteer and a strong advocate. She works for People First Wisconsin as the Advocacy Specialist.

The conference is not all hard work, one can expect some fun, as well as door prizes, and a dance, featuring, a wonderful band, "Make No Mistake". Come see how you can gain information, see old friends, make new friends, have fun and become a stronger advocate.

To learn more about this conference and get registration information go to www.ddcouncil.org or call the Arkansas Governor's Developmental Disabilities office at (501) 661-2589 or Voice/TDD 1-800 462-0599, Ext. 661-2589.



On the Go

6th Annual Arkansas Statewide Preparedness Conference

Target Audience: Emergency Managers, First Responders, Law Enforcement, Healthcare Professionals, Public Health Professionals, School Administrators & Nurses, Disability Service Providers, Nursing Home Administrators, Mental Health Professionals and State & Local Government Officials

When: September 14 – 15, 2009

Where: Doubletree Hotel in Little Rock, Arkansas

Cost: \$50.00

Sessions include: Ice Storm 2009: Lessons Learned, Mass Evacuation: Pulaski County's Plan, The Arkansas Trauma System, Severe Weather Preparedness, Personal Preparedness, Crisis Communication, H1N1 Virus Update and many others

For more information go to www.uams.edu/ar_disability.

Health News Updates

by Vanessa Smith

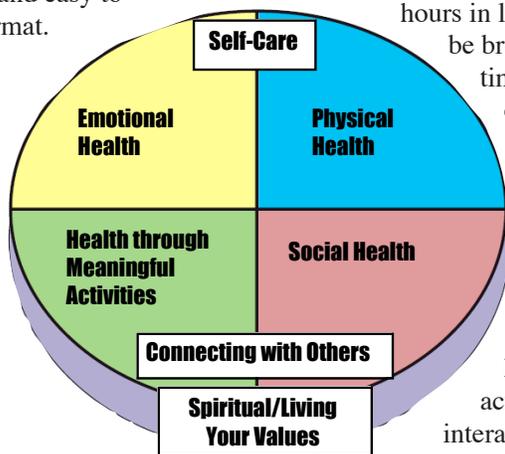
Healthy Lifestyles for People with Disabilities

Arkansas Disability and Health Program is sponsoring a new health education class for individuals with disabilities. Developed in Oregon, the curriculum was intended to provide general health information appropriate for men and women with disabilities, including cognitive disabilities, in an interactive and easy to understand format.

The Healthy Lifestyles curriculum uses a healthy lifestyles wheel to go through the various aspects of healthy living.

Emotional health focuses on recognizing and managing stress. Physical health covers a list of topics including preventing illness, eating right, physical activity, and weight control. Social health covers friendships and relationships. And, health through meaningful activity is just that, healthy activities that engage our bodies, our minds, and our connection with the environment around us. During the workshop, participants will gather health information and experience healthy activities such as yoga and non-impact aerobics tailored for individuals with disabilities. At the end of the workshop, participants will identify two healthy lifestyles

goals to work toward. Support groups for participants continue monthly for up to six months after completing a workshop. In the support groups, participants share successes, resources and strategies. They discuss barriers and brainstorm ways to overcome them. Most importantly, participants build a sense of community among one another.



This training is over twelve hours in length and can be broken up into time intervals convenient for instructors and participants. Each area of learning is supported by group discussion, hands on activities, and interactive games.

In August, the Arkansas Disability & Health Program will conduct a Train the Trainers session bringing the Oregon team to Arkansas. Our goal is to have trainers around the state who can offer this health education workshop for individuals ready to make a healthy change in their life. In this, Arkansas Disability & Health Program is collaborating with Arkansas People First (APF) to identify trainers. Arkansas People First is a self advocacy organization of people with disabilities with chapters around the state. To learn more about APF, go to www.arkansaspeoplefirst.org.

Viewing Supports from the Outside In

by Julie Petty

On June 29, Arkansas People First (APF) hosted a vigil at the state capitol to celebrate the 10th anniversary of the Supreme Court's Olmstead Decision. This decision concerned two women from Georgia, Elaine Wilson and Lois Curtis. Elaine and Lois lived in an institution. They did not want to be there. In Olmstead, the Court ruled that Title II of the Americans with Disabilities Act prohibits the unnecessary institutionalization of persons with disabilities. In the words of the Supreme Court, services to persons with disabilities must be provided "in the most integrated setting possible." Self advocates, parents, friends, direct support professionals and others gathered at the capitol steps in Little Rock to celebrate the landmark decision. APF president, Eric Treat, spoke about meeting Lois Curtis in Atlanta, Julie Petty spoke about the details of the Supreme Court ruling, and then welcomed self advocates to talk about their lives in the community. Many self advocates shared personal stories about their lives and where they live now, in their own homes or apartments. The event gave people with developmental disabilities a voice to say what we want and need. People want to speak out for their dreams and goals. Elaine and Lois had a dream and their dream came true. We need people to hear our dreams and our voices!

Send your thoughts to PettyJulieA@uams.edu

disABILITY WELLNESS



While Dr. Schultz is enjoying his vacation; we took the liberty to discuss the breast care awareness campaign for women with disabilities.

Breast Cancer is a major public health concern for all women, including women with disabilities. Women who have disabilities are just as likely as women without disabilities to have ever received a mammogram; they are significantly less likely, however, to have been screened within the recommended guidelines. There are many barriers to healthcare for women with disabilities: financial, physical access, lack of knowledge on the part of the patient, and lack of knowledge on the part of the healthcare professional. The Arkansas Disability & Health Program is working to address some of these barriers.

Physical Access: In preparation of a health promotion campaign for women with disabilities, the Arkansas Disability & Health Program is surveying mammography clinics for accessibility. The results from these surveys will be compiled in a resource guide for women. This guide will provide tips for scheduling and preparing for their mammogram as well as showing access information for each clinic. This will allow women with disabilities to identify a clinic near her including accessibility information.

Lack of information on part of the patient: The public health community has increased breast cancer awareness through the use of health communication messages and campaigns, yet few messages exist that include women with disabilities. The Arkansas Disability & Health Program is hosting a media campaign targeting women with disabilities.

Lack of information on part of the healthcare professional: Different abilities can require some medical procedures to be performed differently. This is the case with mammography when women cannot stand unassisted, hold their arms above their head for any length of time or when they do not have torso control. Trial and error can teach many lessons, but may be harmful to the patient. Arkansas Disability & Health Program is sponsoring continuing education for mammography techs on providing services to women with disabilities. This training will include bolstering and positioning, disability etiquette, and providing services to women with intellectual impairments. Check our website for more information.

www.uams.edu/ar_disability

The information provided in this material was supported by Grant Cooperative Agreement Number 1 U59 DD00286-01 from the Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

Voice - (501) 682-9900
TTY - (501) 682-9902
Toll-Free - (800) 342-2923

Vanessa Smith
Program Coordinator
smithvanessal@uams.edu

Vanessa Nehus
Program Director
nehusvanessar@uams.edu

If you have any questions or if the staff of the AR Disability & Health Program can be of assistance, do not hesitate to contact us:



Department of Academic Affairs & Research
University of Arkansas for Medical Sciences # 711-1
2001 Pershing Circle, Suite 300
North Little Rock, AR 72114

