

CENTER FOR DISABILITIES AND DEVELOPMENT

Possibilities in Education and Training

A quarterly publication of the Center for Disabilities and Development, Iowa's University Center for Excellence on Disabilities at the University of Iowa Children's Hospital, Iowa City, Iowa 52242-1011

Cooks with Disabilities Grow, Teach, and Win at Iowa State Fair

Cookies in the shape of wedding dresses and tuxes, homemade bread, and rolls stuffed with hamburger and cheese. These and other delectable offerings, jointly prepared by people with disabilities and their peers, were among this year's entries in three judged food competitions (classes) at the Iowa State Fair.

"When our family received a request to sponsor classes at the fair this year, we decided we should do it," explained 21-year-old Daphane Trevillyan. "My sister, who has Down syndrome, loves to cook. We assumed that other people with disabilities do too, and wanted to encourage them to enter a competition."

Though the classes did target entrants with disabilities, Trevillyan was quick to point out that she and her family view them as "stepping stones."

"We want to open the door to people who might otherwise be hesitant to enter their item in a state competition," explained Trevillyan. "All our contestants got valuable feedback from judges, including the superintendent of the fair's food department. We believe this will help them be competitive in other classes not designed for people with disabilities."

The Trevillyan family awarded an overall prize for the top entry, along with first, second and third prizes to top entries in the three classes: "A Peer Of Us," "ZART 1312 Wedding Creations," and "Our Family Recipe." Prizes included practical household items such as a KitchenAid mixer and dinnerware sets. All entrants received a medal. With passion and enthusiasm in her voice, Trevillyan told me about the first prize winner of the ZART 1312 Wedding Creations class.

"That young woman wanted that mixer sooo badly," Trevillyan said. "In thanking us, she said that she entered to prove to herself that she could do it and to have fun, not to compete against others. Just hearing her say that made me realize that I'd done the right thing in following my heart's conviction to do this."

Trevillyan is eager to increase participation next year, and plans to visit schools, camps and agencies to generate interest. To learn more or to schedule a visit, contact her at golfer4isu@aol.com or (515) 897-9307.

Healthy Endeavors for Every Age . . . in the Disability Resource Library

The Center for Disabilities and Development **Disability Resource Library:**
A lending library and health information center for Iowans

To order materials from the Disability Resource Library, call **1-800-272-7713**

101 Accessible Vacations: Travel Ideas for Wheelers and Slow Walkers /
Candy B. Harrington; photographs by Charles Pannell. New York: Demos Medical Publishing, 2008.

From big city lights to African safaris, from cruising to cowboys, and factory tours to tide pools, intrepid traveller, Candy Harrington guides you to accessible adventures.

Access Nature: 45 Fun, Hands-on Activities for Everyone! / *written by Bethel Gilbert Almeras and David Heath ; edited by Sharon Katz Cooper. Washington, D.C.: National Wildlife Federation, 2001.*

An informal curriculum to help youth and teens tap into their habitat quite naturally! Adaptations for hearing, visual, motor and learning/cognitive disabilities, plus age level modifications, allow environmental enrichment for a broad range of individuals.

Building Bridges: A Manual on Including People with Disabilities in International Exchange Programs / *edited by Susan Sygall and Cindy Lewis. Eugene, OR: Mobility International USA/National Clearinghouse on Disability and Exchange, 2006.*

"This comprehensive manual features practical suggestions and creative ideas for including, recruiting, and accommodating people with disabilities in international exchange programs.

Building Bridges also addresses cross-cultural issues and international service projects”—
Publisher.

Different Speeds and Different Needs: How to Teach Sports to Every Kid /
Gary Barber. Baltimore, MD: Paul H. Brookes Publishing Co., 2010.

Effective teaching tips for coaching young athletes with specific disability diagnoses, as well as weight, height, and social anxiety issues. The goal is creating a sporting environment where all children can thrive.

A Good Day in Long-term Care [videorecording]: **The Resident's Perspective** /
produced by Video Press, University of Maryland School of Medicine, 2005.

Residents of the Levindale Hebrew Geriatric Center and Hospital instruct you on what makes their day meaningful. [DVD] 15 min.

The Guide to Good Health for Teens and Adults with Down Syndrome / *Brian Chicoine and Dennis McGuire. Bethesda, MD: Woodbine House, 2010.*

Case examples and text to help families and other caregivers promote health at home. This book also informs professionals on special treatment considerations unique to adults with Down syndrome.

Health Habits for a Healthy Life [videorecording]: **A Weight and Health Management Program for People with Intellectual and Developmental Disabilities** / *Melissa Benzuly, Catherine Conway, Jerry Weinstock. New York: The YAI Network and Premier Healthcare, 2010.*

Proven methods to help people take charge of their lives by changing poor eating habits and modifying sedentary lifestyles. Common sense scenarios for everyone – most specifically directed to the adult community – as skillfully presented by consumers of YAI Network services in New York. [DVD] 20 min.

Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities / *by Beth Marks, Jasmina Sisirak, and Tamar Heller. Baltimore, MD: Paul H. Brookes Publishing Co., 2010.*

Physical activity and smart nutrition make for a healthy existence. Learn the steps to fitness in this evidence-based curriculum for adults developed at the University of Illinois at Chicago.

I used to be Down ... but now I Love My Life! / *Creighton S. Wall. Kearney, NE: Idea Magic Books, 2005.*

This 18-page easy reading book is written by a young man with Down syndrome who describes his life-changing decision to engage in weight training and healthy eating. He

derives great emotional and social esteem from his fitness regimen and encourages others – by example – to do the same.

The Inclusive Learning Center Book for Preschool Children with Special Needs / Christy Isbell and Rebecca Isbell. Beltsville, MD: Gryphon House, Inc., 2005.

“A resource book for preschool teachers, containing information for creating an inclusive [early] learning classroom and adaptable activities for children with varying special needs”—Publisher.

1) Kids on Wheels: A Young Person’s Guide to Wheelchair Lifestyle / edited by Jean Dobbs, and **2) Kids on Wheels: a Guide to Wheelchair Lifestyle for Parents, Teachers and Professionals** / edited by Jean Dobbs. Horsham, PA: Leonard Media Group, 2004.

“Volume one strives to plant seeds of independent living, disability pride, and “the dignity of risk.” And most importantly, it encourages kids to envision a future of infinite possibilities. Volume two encourages parents, teachers and other concerned adults to envision a similarly vital future”—Author.

Living Well on the Spectrum: How to Use your Strengths to meet the Challenges of Asperger Syndrome/High-functioning Autism / Valerie L. Gaus. New York: Guilford Press, 2011.

Just as exercising the body strengthens the muscles, so positive utilization of the mind can yield social and emotional benefits. In this book, Valerie Gaus guides neurodiverse individuals toward mastery of specific coping and problem-solving skills.

Rick Steves’ Easy Access Europe: A Guide for Travelers with Limited Mobility / Rick Steves and Ken Plattner. Emeryville, CA: Avalon Travel, 2006.

“Roll and stroll and sail” through some of Western Europe’s great cities: London, Paris, Bruges and Amsterdam, plus the castle crowned villages of the Rhine Valley.

Spinal Network: The Total Wheelchair Resource Book / edited by Sam Maddox. Horsham, PA: No Limits Communications, Inc., 2009.

A unique compendium – part directory/part lifestyle magazine – by, and for, people who live active lives on wheels.

There is Room at the Inn: Inns and B&Bs for Wheelers and Slow Walkers / Candy B. Harrington. New York: Demos Medical Publishing, 2006.

One hundred irresistible inns across America that welcome all visitors, accommodating people with disabilities in style.

Just because we cannot enter
does not mean we don't wish to come in.
Anonymous

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with POSSIBILITIES:**

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