

AMPUTEE COALITION

<http://www.amputee-coalition.org/>

Become a member to receive the following benefits:

- Receive a complimentary electronic subscription to their award winning magazine
- Receive regular updates on issues effecting the limb-loss community
- Access to the Limb Loss Library
- Scheduling of a Peer Visit
- Find a support group
- Get the resources to start your own support group
- Find community resources
- Receive monthly Headlines e-newsletter

InMotion Magazine: a publication of the Amputee Coalition. This publication is published bimonthly for amputee, caregivers and healthcare professionals, providing timely and comprehensive information.

To Subscribe:

For a printed copy (free for the 1st year)
Call (888) 267-5669

Or go to the following website
<http://www.amputee-coalition.org/limb-loss-resource-center/publications/inmotion/>

Read online (free) – visit <http://www.amputee-coalition.org/limb-loss-resource-center/publications/inmotion/>



**MedStar National
Rehabilitation Network**

ASSISTANCE RETURNING TO COMMUNITY

Independence Now: serves individual in Montgomery County and Prince Georges County with all disabilities.

Services provided:

- Peer Mentoring and Support
- Independent Living Skills Training
- Information and Referral Services
- Individual and System Advocacy
- Travel Training (How to use the fixed-route public transit services)

For more information please contact:

12301 Old Columbia Pike, Suite 101
Silver Spring, MD 20904
301-277-2839
www.innow.org
email: info@innow.org

The DC Center for Independent Living: nonprofit, community based, cross disability organization serving all citizens with disabilities of the District of Columbia to assist with living independently in their homes and their communities.

For more information please contact:

1400 Florida Avenue NE
Suite 3A
Washington, DC 20002
<http://www.dccil.org/>
202-388-0033
202-470-1534 (TTY)

continued on next page

ENDependence Center of Northern Virginia (ENCV), Inc: A community resource and advocacy center run by and for persons with disabilities. ENCV's mission is to END dependence by empowering people with disabilities to live independently.

ENCV provides the five core services:

Advocacy
Information and Referral
Independent Living Skills Training
Peer Mentoring
Transitioning

Special programs including:

Travel Training
Medicaid Waiver services
Support Group Services
Personal Assistant Services (PAS)

For more Information:

Website:

<http://www.ecnv.org>

Address:

2300 Clarendon Blvd., Suite 305
Courthouse Plaza II
Arlington, VA 22201

Phone:

703-525-ECNV (3268)
703-525-3553 (TTY)

Email:

info@ecnv.org

On the Move: Free service that will teach you how to use Metro buses and trains to get where you need to go.

For more information contact:

Phone : 202-263-4640 ext. 4477
Call TTY : 1-800-855-2880
www.mtm-inc.net/onthemove

RECREATION

Recreation can be critical to an individual's self esteem, independence, and quality of life. Recreation can be adapted so you are able to fully participate.

National Center on Health, Physical Activity, and Disability

www.ncpad.org

Visit this website to find articles and resources on recreational programs. This resource has a 14-week plan to become healthier and more active.

Medstar NRH Adapted Sports Programs

Medstar NRH represents a Paralympic sports club that offers adapted sports fully equipped to assist persons to return to physical activity. The program offers equipment, education, and competitions.

Sports offered by Medstar NRH include

- Wheelchair Basketball
- Handcycling
- Wheelchair Tennis
- Sit Volleyball
- Sled Hockey
- Adapted Rowing
- Archery
- Boccia Ball
- Quad Rugby

Contact Joan Joyce at 202-877-1420 or joan.p.joyce@medstar.net for more information about the Adaptive Sports Programs.



continued on next page

Baltimore Adapted Sports and Recreation

BARS is a community based, non-profit organization dedicated to providing year round recreational opportunities to both children and adults with disabilities.

Programs: Bowling, camping, canoeing, cycling, rafting, sailing, sea kayaking, skeet shooting, snow skiing, water skiing, wheelchair tennis.

For more information:

www.barsinfo.org
contact Pam Lehnert at 202-316-8623 or
Pamela.j.lehnert@medstar.net

SKI MASH

An annual Ski clinic for people of all ages and disabilities in February. Instructors and volunteers come in from around the region to offer three days of top quality snow skiing and boarding lessons. All adapted equipment is provided and no prior experience is necessary. To learn more talk to Joan Joyce at 202.877.1420 or joan.p.joyce@medstar.net



Challenged Athletes Foundation

Provides opportunities and support to people with physical challenges so they can pursue active lifestyles through physical fitness and competitive athletics. They believe that involvement in sports at any level increases self-esteem, encourages independence and enhances quality of life.

For more information:

Website:

www.challengedathletes.org

Address:

9591 Waples Street, San Diego, CA 92121

Phone:

858-866-0959

Email:

caf@challengedathletes.org

HEALTH AND WELLNESS

Exercise and physical activity are often inaccessible and overlooked by individuals with disabilities. A lack of daily physical activity and routine exercise produces a higher risk for skin breakdowns, osteoporosis, chronic pain, heart disease, high blood pressure, diabetes and obesity.

Adaptive sports are a fun and competitive way to achieve:

- Increased energy and endurance
- Stronger muscles
- Weight loss
- Positive outlook

Outpatient Nutrition Counseling

MedStar National Rehabilitation Hospital Dietitians meet in outpatient setting individually or within a group and address the following concerns:

- Chronic disease and stroke prevention
- Diabetes, cardiovascular disease, high blood pressure, chronic kidney disease
- Digestive problems
- Nutrition after spinal cord injury
- Food allergies
- Sports nutrition
- Weight management
- Nutrition during cancer treatment
- Any condition where nutrition intervention could create a positive outcome

Call 202-877-1120 to inquire about scheduling, insurance coverage, prices and group rates.

continued on next page

Medstar NRH Fitness Program

Adaptive Fitness classes are provided at Medstar NRH for individual with varying physical abilities. Classes are lead by certified trainers who can adapt the fitness class to meet each individual's specific needs. These classes are a great way to build and improve strength, muscle endurance, flexibility, functional ability and overall mood and confidence.

Classes are held on a weekly basis at Medstar NRH Irving Street location. 102 Irving Street, Washington DC. 20010.

Classes Offered:

- Open Gym
- Boxing Based Fitness
- Adaptive Sports Conditioning
- Circuit Training

More information located at or contact Joan Joyce at 202-877-1420 or joan.p.joyce@medstar.net