

## HOPEFitness - A Community-based Fitness Club run for Individuals with Special Needs

# New York State Developmental Disabilities Planning Council

## bulletin

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## HOPEFitness – A Community-based Fitness Club run for Individuals with Special Needs

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Several years ago, the DDPC recognized that delivery of health services to people with developmental disabilities was far more likely to react to illness than to promote wellness. There was little emphasis on what individuals could do to proactively prevent the need for medical intervention. The DDPC sponsored a series of grants to promote health and wellness in agencies as well as in communities. One of the results of these efforts was a greater need for community-based, inclusive fitness centers which are able to adapt to the varying abilities of their membership. Although the DDPC doesn't normally highlight fitness centers, we thought that the unique qualities of Hope Fitness in North Bellmore were worth noting in this publication.

**HOPEFitness is a privately-owned, community-based gym which opened in 2006 that focuses on the specific-needs of individuals with disabilities.** The facility and equipment are designed to allow for maximum participation while adjusting to the strengths and weaknesses of all individuals. The staff, whose composition includes athletic coaches and special education teachers, has a holistic approach to their program design. Therefore, individual participants are trained in the factors of health and wellness (i.e. diet and weight management) in addition to the proper use of equipment and techniques during classes or individual workouts.

The gym's operator, Harvey Greenberg, is a longtime Special Olympics coach and the parent of a young man with developmental disabilities. He welcomes you to look at Hope Fitness' website [www.hopefitness.com](http://www.hopefitness.com) or contact him directly with your inquiries (877) 396-HOPE (4673) about the design and implementation of the programs.











December 2008

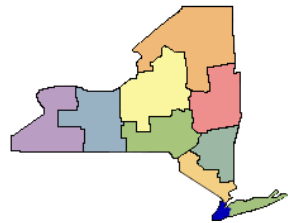


EMAIL STORY

### Disability Related Events in New York

To locate disability related events in New York State for **December 8th 2008 through January 7th 2009**, click the region link or click the region in the map below.

-  [Broome](#)
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### Want us to list Your Event?

If your government or non-for-profit organization is holding a disability-related event in New York State between **January 8th and March 7th, 2009** and you would like us to list it in the E-bulletin, you can submit the information online with the [E-bulletin Event Submission Page](#).

### DDPC E-bulletin Subscription Drive

The DDPC is looking for new subscribers for our monthly E-Bulletin. Now is your chance to get the E-bulletin delivered directly to your email inbox once a month. You will have immediate access to new stories, upcoming events and new funding opportunities. Subscribe now to show your support for the DDPC and for the convenience of receiving the E-bulletin immediately as it's updated.

All you have to do is go to the [sign up sheet](#). Once you submit the form, you will receive an email from us to confirm your request. You must confirm your request by clicking on the "Yes I Want to Join" link. It's an easy way to ensure you get first view of the E-Bulletin when it is released.

### Features

[NYS Board of Elections Voter Education Website](#)
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[National Federation of the Blind Launches "Project VIP" to Help Voters Who Are Blind on Election Day](#)

### December 2008

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 FAX: 518-402-3505

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#### Upcoming DDPC Meetings

**December 2008:**
**December 10th** - Consumer

Caucus Meeting

**December 11th** - DDPC Meeting

The DDPC meeting webcasted on December 11th will be available on our [webcasting page](#) for viewing for a period of (30) thirty days after the initial airing of the meeting.

#### \*Notice\*

Open Government and the New York State Developmental Disabilities Planning Council (DDPC). All DDPC meetings are held in Albany, NY unless otherwise noted.

Under law, the New York State Developmental Disabilities Planning Council (DDPC) meetings and DDPC Standing Committee meetings are open meetings. If the public wants to attend, they can attend as observers. Participants may be asked to leave during breaks in the deliberations and when the meeting goes into executive session.

A listing of DDPC meetings is available by contacting the DDPC directly or visiting the DDPC website at [www.ddpc.state.ny.us](http://www.ddpc.state.ny.us).

#### People First Language

The DDPC strictly adheres to and encourages the use of people first language. However you may note that in some articles/stories appearing in the E-Bulletin the language used is not always entirely people first. Articles submitted to the DDPC are taken verbatim from the source and are therefore not edited by the DDPC for correct people first language due to copyright restrictions.

#### DDPC Partners Regional Representatives

The DDPC has identified Partners and Policymaking graduates who want to serve as