

A Publication Printed By
The Society for the Physically Disabled

extrapage



Discovering Me

The Work Activity Centre's overall objective has been to train its beneficiaries in vocational skills relevant to the job market. Since the Centre's inception, various training programmes have been provided that help improve the vocational skills of people with disabilities, thus helping to ensure that the beneficiaries are productive, independent and self-sufficient. Recently, a new training programme was put in place to develop the personal effectiveness of the beneficiaries as well.

▲ Beneficiaries attending the sessions embark on a route to greater self-awareness and confidence

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'**D**ISCOVERING Me', a 3-month course started in August is set to enhance the effectiveness of existing programmes by developing the personal aspects of the individual.

Scheduled for two hours every Thursday, 'Discovering Me' aims to help alleviate stress and create a positive impact in the lives of each participant. Topics covered include *Stress and Anger Management*, *Health and Hygiene*, *Dating*, and *Understanding Sexuality*. Through the topics of interest covered, participants would find that they are not alone in their frustrations and perhaps find role models they can emulate. It is also

hoped that the participants would develop a greater self-confidence and awareness, and be empowered to cope with their disabilities and lead a fruitful and meaningful life.

The programme is expected to spin off support group sessions for some of the participants where necessary. Already a hit with the pilot group of 20 participants, the programme has also attracted the interest of other beneficiaries. More courses will be conducted for other beneficiaries and it would seem that all of SPD's beneficiaries would be on the path to 'discovering themselves' soon! 🌟

Objectives

- Increase self-awareness
- Increase trainees' ability to cope despite their disability
- Empower them to lead a meaningful and fruitful life
- Enhance self-confidence
- Provide life skills to cope with interpersonal relationship

In the words of the participants

"I was happy to learn that I was not alone in my frustrations." – *Eugene Khoo*

"I like Colour Me Beautiful. Now I can buy clothes in colours that flatter me!" – *Melissa Tan*

"The course has given me greater confidence, especially now when I will be leaving SPD in Oct for a job trial in the open employment." – *Lim Lin Li*

"I talk to my computer" by Thomas Chua

The Assistive Technology Centre has started training some tetraplegics on the use of IBM ViaVoice Pro Edition Version 9. The ViaVoice allows voice activation control of most Microsoft Office software. In this issue, Thomas Chua Chee Siong, one of the pioneer trainees, shares with readers how ViaVoice has helped him.

'GO to sleep...go to sleep...GO TO SLEEP!'

'Stupid computer!' I mutter.

I'm trying to input my voice command into the computer using the IBM ViaVoice Pro Edition Version 9. This software allows me to input text into my Microsoft Word and control various applications. I was trying to put it to 'sleep' so that it would not respond to anything that I say. This way, I can talk freely and not worry at it being accepted as input.

Why am I using this? My name is Thomas and I'm 22. After a fall in 1998, I was left paralyzed from the chest down. I couldn't move my hands or fingers as I had broken my neck and severed my spinal nerve at the C4 (cervical cord) level.

Can you imagine how I could use the computer without the use of my

hands? Initially I used a special keyboard with a built-in mouse developed by an institution of learning. The keyboard has a piece of magnet on each key. I hold a stick which has a piece of magnet at the tip between my teeth. When the two magnets touch that particular key is activated. This method is very tedious and slow - I usually end up with a headache or an ache in my jaws or neck after using it. However, I am grateful that I had continued to use the computer with this special keyboard after sustaining my present disability.

But now I'm learning to use ViaVoice at SPD. First I have to read 6 passages provided by the software. As I read, the software would put my voice to each individual word and my voice model is then generated.

With this I'm able to dictate text into Microsoft Word by just saying the word out into the microphone. I'm also able to open up a blank document in Word just by saying "start program Microsoft Word" or "start program Power Point". It is so simple, I do not even need to move the mouse.

I'm also able to access the Internet by saying "surf the web". When I reach

the page all I need to do is just to say "show command" and a number would appear next to the various icons on the web page. All I need to do is say the number assigned to the icon of the page I would like to enter and the software will take me there.

I'm also able to control the mouse by saying "begin voice mouse". I can say "move left", "move up", "faster", "slower", "left click", "right click" and "drag". With these simple voice commands I can do everything that someone with a normal mouse can do. The software is also quite sensitive to the sounds within the room you're working in, so it is best to use it in a quiet environment, and you must remember to pronounce the 'd's, 't's, 'k's, 'end's, 'ent's and so on.

I was given four months to learn the different applications to the software with my volunteer mentor Mr Peter Kay. So far I have been doing quite okay with the application, but I have problems with my pronunciation and diction which I hope to overcome with practice. Despite the difficulties, ViaVoice is a great help. It is very useful for me as I write my articles on my experiences and the things I see after my accident. With ViaVoice, I am able to type four pages in one day. 🍌

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Writers' views and opinions expressed in **extrapage** are not necessarily that of SPD's.



▲ Via Voice opens a whole new door for Thomas who is able to surf the internet and use his computer with greater ease.

DDE's Community Project with a Difference

Wishing to break away from the usual outing to the zoo or bird park, the key organisers of DuPont Dow Elastomers Pte Ltd's (DDE) community service project put their heads together to think up a novel yet effective way to do their bit for the less fortunate.

NONE of the usual stuff – that was foremost on the minds of the 25 staff of DuPont Dow Elastomers as they figured out a way in which to do their part for the less fortunate. What emerged was an idea that would marry the best of DDE with SPD.

So the morning of 29 August 2002 saw the entire workforce of DDE working alongside SPD's beneficiaries from the Work Activity Centre, piecing together a new batch of handmade magnets for sale. What makes these magnets special and different from the normal magnets was that the materials used to fabricate the magnets were produced using DDE's technology.

“As we focus our attention on growing our businesses, we must never lose sight of the fact that we all form an integral part of the society we live in. What we do as individuals and as a company has impact on the people around us and touches lives, just like a ripple in a pond,” said Mr John R Breitenstein, President and Managing Director of DDE.

The visit to SPD was only for half a day, but the collaboration would be continuing with DDE placing orders for up to a total of 5,000 pieces of the magnets and SPD's beneficiaries making them. The magnets would then be sold to DDE's contacts as far off as the United States, China, Taiwan, Sri Lanka, Vietnam, Korea, Hong Kong amongst other countries.

The organisers hope to raise a total of \$12,000 for the beneficiaries of SPD. This work project is part of the vocational training for people with disabilities at the Society's sheltered workshop.

From SPD to DDE, thank you for a very enjoyable morning! We had a great time and we look forward to working on a very successful project with you! ■



▲ Staff of DDE and our beneficiaries show off their creations



▲ Beneficiaries of WAC with their newfound friends

Help from the Young to Spruce Up the Old

SPD is a lead agency with Infocomm Development Authority of Singapore on the PC Reuse Scheme. As part of the scheme, SPD collaborated with Hai Sing Catholic School to refurbish used computers for distribution to people with disabilities.

A new lease of life is given to old computers by young students from Hai Sing Catholic School under SPD's PC Reuse Scheme.

Spurred on by their teacher Mr Tan Hee Lam, a group of 14 secondary school students from the school had been visiting SPD every Friday afternoon in July and August, come rain or shine, to refurbish old computers donated by various organisations as well as private individuals.

The students attended a 21-hour training session in the repair and maintenance of computers in October last year to prepare themselves for the PC refurbishment exercise. They then practiced refurbishing computers in their school to gain confidence and experience before carrying out their mission at SPD.

And the long trip to SPD proved to be no deterrence for the sprightly young teens. When asked if they were tired of doing this every week after a long day in school, one of them quipped, "at least my mother will stop nagging at me for not going home straight after school!"

The students had helped refurbish about 20 sets of the computers over a period of seven weeks. These would be given away to the disabled under SPD who meet the PC Reuse Scheme's criteria.

SPD's PC Reuse Scheme aims to bridge the IT-divide between the people with disabilities and the rest of the community by providing the lower-income disabled with refurbished PCs so as to enable them to surf the Internet and to learn computer skills to increase their self-esteem and independence. Currently, 120 sets of refurbished computers have already been given out. 🍌



▲ A team of Hai Sing students working on the PC



▲ Up close and personal – The project requires the volunteers to look into the internal hardware of the PC

Visit by Ms Indranee Rajah, MP for Tanjong Pagar GRC



▲ Lin Li showing Ms Rajah how the Magic Wand Keyboard works

SPD was proud to play host to MP for Tanjong Pagar GRC, Ms Indranee Rajah, on the afternoon of 5 September as she visited the SPD Ability Centre in a continuing effort to get to know her ward better.

During the visit, the newly-elected MP was given an overview of SPD and introduced to the various programmes and services offered, including the Web Design Training Course currently being run. A demonstration was also given on the use of the various Assistive Technology devices available at our Assistive Technology Centre (ATC).

We trust that Ms Rajah left SPD with a better understanding of the work of

SPD, and we look forward to her support in her term as MP for the constituency. 🍌



▲ Beneficiaries from DAC showing their artwork to Ms Rajah

Keppel Logistics Heart 'N' Craft Project

The usual quiet of a Saturday morning at SPD was broken when 10 cheerful and lively staff of Keppel Logistics visited on 13 July and 3 August. Their mission – to teach our beneficiaries a new skill.

10 volunteers from Keppel Logistics gave up their precious weekends under NCSS' Social Service Volunteers Campaign 2002 "Heart 'N' Craft" Project to learn about Japanese Clay Art, and to teach it. Armed with the knowledge provided to them on those same mornings by Ms Amy Soh, an instructor with the People's Association, the volunteers guided our clients as they tried their hands at the art.

This handicraft technique involves using Japanese Clay to mould small figurines. What makes this form different from others is that it does not require the use of an oven to bake the moulded creations. Instead, they are left to dry as it hardens.

This is the first time Ms Soh is teaching a group of both able-bodied as well as disabled students. She has been teaching the art for three years.

"It was fun! Different, but the experience was good. I'll definitely do this again!" says the soft-spoken lady who learnt this skill direct from a Japanese teacher.

The aim of the project is to introduce a new craft to our beneficiaries. SPD's Rehabilitation Manager, Mr Pal Abhimanyau welcomed the project as "art and craft can be very useful in the rehabilitation of people with disabilities. It encourages them to be focused, helps in gross and fine motor skills, improves eye-hand coordination as well as acts as a medium of expression".

SPD takes this opportunity to thank the staff of Keppel Logistics Pte Ltd for their warm support and time. We look forward to working together again with you soon! 🙌



▲ Instructor Ms Amy Soh guiding staff of Keppel Logistics and beneficiary Lek Wei in the hobbycraft



▲ Staff and beneficiary put their heads together over their creation

Thanks to all Volunteers by Ho Siew Sam

The Volunteers' Appreciation Night 2002 was successfully organised in SPD's newly built multi-purpose hall on 19 July 2002, Friday evening. This annual event was organised in conjunction with the Volunteers' Month in July to thank all our dedicated volunteers who have rendered their valuable services in one way or another for the benefit of our beneficiaries. This event has also provided a good avenue for all our volunteers and staff to network and strengthen ties.

MANY of our individual and group volunteers including Mr Peter Kay, Ms Roslyn Loke and Mr Roberto Vindas, all of whom have been extending their warm assistance to the Assistive Technology Centre, turned up and gave their warm support to Volunteers' Appreciation Night 2002. Also present were volunteers from the Keppel FMO who have been helping with the Wheelchair Repair Programme at SPD every fortnight, and the Singapore Kennel Club and Riding for the Disabled.

Every volunteer who came received a souvenir - a copper-wire bookmark specially made by our beneficiaries. There was also an appreciation item that showcased the joint effort between Salimah, our beneficiary from the Work Activity Centre, and Lim Koon Heng from the Assistive Technology Centre before the commencement of the buffet dinner. There were more highlights that night as we had nail art and crystal tattoo demonstrations, as well as a karaoke competition in which the response was really overwhelming!

All in all, everyone had great fun indeed that night as those who participated in the karaoke competition really sang their hearts out, whilst those who participated in the interactive games went all the way out to enjoy themselves. 🎉



Staff and volunteers alike getting into the act during the games session ▶

4,500 Youths Hit the Streets in Support of SPD

Singapore Polytechnic's new batch of students put charity before their studies as they did their bit for the beneficiaries of SPD and another charity even before doing their bit for their studies.

BEFORE the start of the academic year, 4,681 first-year Singapore Polytechnic students armed with tin cans could be seen at 41 MRT stations between 8.30 am to 5.00 pm on 27 June selling flags in an attempt to raise funds for SPD's Post Acute Rehabilitation Programme (PARC) as well as another charity.

The project done in support of President's Challenge 2002 raised a total of \$100,000 which was shared equally by the two charities.

SPD thanks every single one of the students for their hard work and effort, and congratulates Singapore Polytechnic on the resounding success of the Singapore Polytechnic Flag Day! 🇸🇬



▲ SPD beneficiary Salimah helping to raise funds at the Clementi MRT station

The Wild Wild West at Singapore Zoological Gardens

Singapore Power Ltd has adopted SPD as its charity this year. As part of the adoption, staff of Singapore Power will help to raise funds in support of SPD's Post Acute Rehabilitation Centre as well as volunteer their service in other programmes. The first official event to formalize the adoption was an invitation to SPD's beneficiaries to join Singapore Power's staff at its family day at the Singapore Zoo.

ALTHOUGH the Singapore Zoological Gardens is not located at the western part of our island, that did not stop the staff and management of Singapore Power to declare the theme of their Family Day held there on Sunday, 20 September, as Wild Wild West. 24 SPD beneficiaries also joined in the celebrations on that bright sunny morning.

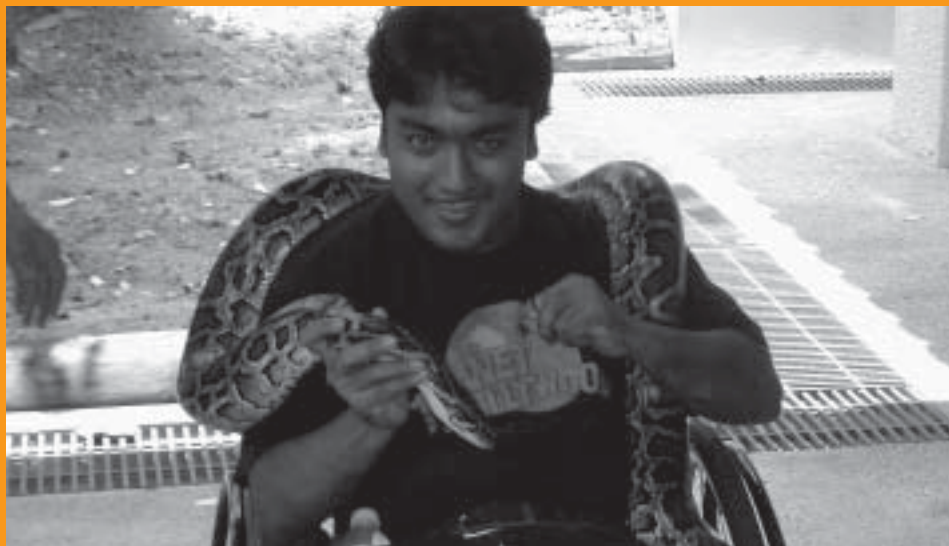
President of Singapore Power, RADM (Ret) Kwek Siew Jin, came all dressed for the occasion, decked out in a cowboy suit to welcome SPD's beneficiaries. The beneficiaries were later taken on a trail that took them past the primate kingdom as well as other areas where they got to see exotic animals like the red kangaroo, white tiger, pygmy hippopotamus, sunbears and iguanas, amongst others.

Some even tried their hand at handling a python and managed to take a photograph with it.

At the grand opening of the Family Day, RADM (Ret) Kwek in his welcome speech, said that Singapore Power has just formed a new committee named **SParc**, which stands for **SP in Action for the Community** to oversee community programmes and activities. **SParc** has adopted SPD as its first community service project. RADM (Ret) Kwek also announced to the 3,000-strong staff and their family members that they could expect a year of activities organised in aid of the needy disabled.

To prepare for the Singapore Zoo outing, 24 staff volunteers from the newly-formed **SParc** visited SPD two days before the actual day to learn about wheelchair handling as well as general care for the disabled.

SPD takes this opportunity to thank Singapore Power for a very enjoyable Sunday at the zoo. We look forward to a year of close collaboration with you! 🇸🇬



WAC beneficiary Juraimi and his first encounter with a killer python

Golfers with Heart 2002 Raises \$68,000 for SPD

OVER \$68,000 was presented by Mr Glenn Weckerlin, General Manager (Brand) of Caltex International, to Mr Loke Ho Yong, Executive Director of SPD, in a simple cheque presentation ceremony held at SPD's Ability Centre on 23 August.

The amount was raised through the oil company's week-long golf festival Golfers with Heart held earlier in the year which included a gala dinner featuring international pop star Geri Halliwell.

SPD was one of three charities benefiting from the charity event. 🏆



▲ Senior Occupational Therapist Mr Tan Chuan Hoh giving guests from Caltex a rundown of the therapy equipment used at the PARC



▲ Mr Loke presenting Mr Weckerlin with SPD's special handmade leather-bound photo album as our token of appreciation for their support



Beneficiaries being led along the zoo trail

Pilot Project to Help Bridge the Digital Divide and Create Job Opportunities for the Disabled

In an effort to bridge the digital divide among people with disabilities and create job opportunities for them, SPD is working on a pilot project to build a web design team comprising physically disabled people.

IN the present age of digital and IT advancement, it is possible for physically disabled people to work in a virtual environment without having to face the challenges of unfriendly physical environment and public transport system. One such possibility is to form a small web designing work unit as an employment option for the physically disabled. The objective of the web-designing unit is to provide a new employment avenue for people with severe physical disability through applying technology in helping to overcome their physical limitation. With the development of technology and the Internet, many jobs need no longer be carried out in a physical environment. Web designing is one job that can be done in the virtual office (in this case at SPD premises).

The course is currently ongoing and is conducted by a Macromedia's approved training center. There are five trainees in the group - four have tetraplegia and are members of the Tetraplegic Work Group and one has spinal muscular atrophy.

The trainees were selected based on their education level and their familiarity with the Internet. As the main objective of the project is to help those who cannot find open employment, only those who have difficulties securing open employment were chosen for the pilot project.

The trainees have been trained in Macromedia Flash MX, and will undergo training in Macromedia Dreamweaver MX and Macromedia

Fireworks MX by the end of October. The training would also include practicum sessions where participants would be required to produce an e-card, the best of which would be selected as SPD's corporate electronic Christmas card for this year.

Upon completion of the course, trainees are expected to attend a three-month on-the-job apprenticeship where they will work on any possible web design-related jobs secured for them by SPD. To the trainees, this would be the most challenging part of their undertaking as they would be required to work full day. This project would provide a good training ground in a sheltered environment to prepare them for competitive paying web designing work in the open employment.



▲ Sessions are held at SPD's computer lab which offers a conducive environment for learning



▲ Koon Heng trying his hand at all that he learnt



▲ Individual attention is given by the trainer where needed

“Some of the trainees have not worked for the past 10 years due to their disability. We hope that through this programme, we would be able to help them adjust to working again and then find their independence by finding their place in the workforce,” said Mr Loke Ho Yong, the Society's Executive Director

If the project proves to be a success, SPD plans to train other batches of people with disabilities in this area. It is now looking out for volunteers to help with the training as well as seeking small assignments for the team.

SPD would like to thank Macromedia South Asia for sponsoring the training software for the course and allowing the team to purchase the academic version of the software for their jobs. This is similar to the professional version but comes at a fraction of the cost. Special thanks also go to the Tetraplegic Work Group for absorbing the training cost of the four members. 🙏

Celebrating the Nation's Birthday

The weeks leading up to National Day was a busy period as SPD joined the rest of the nation in celebrating Singapore's 37th birthday.

OUR beneficiaries got a taste of the sights and sounds of the National Day Parade when they attended the Preview on 27 July 2002 with the tickets given with compliments by StarHub Pte Ltd. The cold wet day did nothing to dampen the spirits of the group of 10 WAC beneficiaries as they sat amidst the colour and pomp of the occasion. They joined the crowd in waving their flags provided in the goodie bags to welcome the arrival of President S R Nathan. With the impressive display and performance of the uniform groups, floats and performers, they thoroughly enjoyed themselves.

Beneficiaries of SPD also joined in Singapore Polytechnic's National Day Observance Ceremony held on 7 August and graced by Guest-of-Honour South West CDC Mayor Mrs Yu-Foo Yee Shoon. Over 2,000 staff,

students and guests took part in the activities which included a flag raising ceremony and cultural performances put up by the various student groups. The event culminated in the releasing of 37 helium balloons as well as the unveiling of a banner by a student on a Flying Fox to mark the nation's 37th year of independence. But the performances which drew the loudest applause were the unique staging of the flypast of the State and Singapore Polytechnic flags, both borne by remote control model helicopters, as well as a 5-foot unicycle demonstration by expatriate lecturer, Mr Jolyon Caplin.

The event included a cheque presentation by Mrs Yu-Foo to SPD and to another charity for the funds raised from the tertiary institution's Flag Day (see story on page 6).

Not to be outdone, SPD held its own celebrations on 8 August at the multi-purpose hall on the 5th floor. One of the first events to be held at the newly built area, the party included food and games for all, not forgetting music and dancing too.

Yes, the partying mood was certainly in the air at SPD! 🎉



▲ Beneficiaries let their hair down at SPD's own National Day celebrations



▲ The dreary day did nothing to dampen spirits at the National Day Preview

IT Opening Doors for More Careers

Today, the IT sector creates many jobs and in many cases the work can be done from any location with the right equipment. This creates employment opportunities never known before for people with disabilities. ExtraPage looks at the US experience and advocacy to employers on hiring people with disabilities in the IT field.

THE computer has become such an indispensable part of any profession today that IT careers can be found within any one of them, from engineering to law, medicine to banking.

IN THE US

“The IT professions are infinitely expanding. How people with disabilities understand this field determines their employment future,” said Chicago IT Consultant Michael Strauss who advises businesses on finding committed, long-term employees.

According to Wilson Caine, Power, Inc.’s Director of Information Technology in Houston, Texas, “[We have] never seen a growth in such a specific field. Information technology jobs are spouting up quicker than you can blink an eye”. With only a computer, modem and access to the Internet, it’s so easy to set up an IT company.

“Across the nation, junior colleges, colleges and universities offer degrees in information technology. The IT field is one of the fastest growing degree fields in higher education today and it will continue to be so,” said Vinton Cerf, Senior Vice President of MCI Corporation. Mr Cerf is one of the founding fathers of the Internet.

Michael Strauss advises people with disabilities to become more aggressive in their job hunt in the IT fields. He believes that the best background one can have in the IT field is becoming computer literate and applying one’s computer background to their educational achievements. He also urges people with disabilities to “master your computer, master your programs in your field and master your field”.

Mr Charlie Sands, President of Honing Software in West Chester, Pennsylvania, viewed a talking computer demonstration by visually-impaired Mr Harry Edwards at a business lunch and was impressed enough to start thinking about hiring a person with a disability. When approached for an interview after the lunch, Sands had this to say, “In the past, I was reluctant to employ disabled people because I did not think they could do much. Then Harry Edwards came in for an interview. He used an augmentative communication aid for talking, and then he showed me what he could do with a computer. I never thought someone with a severe speech impediment could do what he did. Well, I hired him in 30 minutes”.

“Much of what we see as limiting people with disabilities is not their impairments, but how society reacts to that person or doesn’t accommodate that person,” says John D. Corrigan, PhD, director of the division of rehabilitation psychology at Ohio State University.

According to psychologist Susanne Bruyère, PhD, director of the program on employment and disability at Cornell University, this failure may be due to the public’s lack of understanding about what it takes to accommodate a person with disabilities and also a preconceived notion that people with disabilities do not have the capability.

Bruyère and Corrigan are among several psychologists exploring the barriers people with disabilities face.

At this point, many companies that shy away from recruiting people with disabilities also do so out of their ignorance of assistive technology products and how they can enhance the capabilities of disabled employees.

The situation may change as more assistive technology manufacturers market their products more aggressively to the business community.

Today, larger companies in the US such as IBM, Microsoft, Citibank, Cisco Systems and Sun Microsystems offer the best salaries, training opportunities and benefits for people with disabilities in IT fields. Such companies readily buy Braille computers, voice recognition systems, text-to-speech software and other adaptive technology products for employees with disabilities, recognising such purchases as capital investments. Incidentally, these companies are also more proactive in removing architectural, communications and attitudinal barriers.

The information technology industry offers people with disabilities the best employment opportunities today. As technology paves the way for employment, people with disabilities must prepare to pursue that path by becoming more informed and active.

IN SINGAPORE

Realising the importance of how technology can impact people with disabilities in their employment, one of SPD’s Assistive Technology Centre’s objectives is to introduce training to enable our disabled to work in IT related fields and in the virtual environment. (Please see article on page 8 on the web design course aimed at helping the severely disabled to acquire marketable IT skills.)

Adapted from articles written by Mr John M Williams for the National Organization on Disability

Other resources: <http://www.apa.org/monitor/nov99/fp1.html>

You Light Up My Life

Festivals are usually occasions that one celebrates with family members and friends. It is thus heartening to see that the youth from the Eunos Community Club have chosen to celebrate the mid autumn festival with our beneficiaries. Appropriately titled, the event certainly helped to light up the lives of our beneficiaries.

SPD was abuzz with activity on the evening of 14 September when the Eunos Community Club (CC) and Youth Executive Council (YEC) held a multi-racial lantern festival celebration “You Light Up My Life” graced by Guest-of-Honour Mr Zainul Abidin Rasheed, Mayor of North East CDC district, MP for Aljunied GRC and Adviser to Eunos GROs.

The 100-odd guests consisting of beneficiaries from DAC and WAC as well as members of the CC and YEC mingled amidst the various performances put up to entertain the crowd. Even the MCs got into the act, playing musical instruments and singing. Not to be outdone, our little guests from the CC’s childcare centre spontaneously put up impromptu performances, singing their little hearts out with gusto and waving multi-coloured lanterns of various shapes and sizes.

Guests were treated to a sumptuous spread of local delights, including a sampling of different sorts of halal mooncakes. The celebrations then culminated in a mass lantern light up led by the Guest-of-Honour. Mayor Zainul Abidin Rasheed assisted by some representatives lighted up a gigantic lantern made by SPD’s clients for the occasion. The lantern was made up of four sides formed from four circular panels. The four sides of the lantern symbolized the four major races in Singapore.

Towards the later part of the evening, onlookers from afar would not be blamed for mistaking the bright fizzing sparklers for frantic fireflies as the delighted little tykes dashed around SPD’s open air multi-purpose hall on the 5th floor brandishing the sizzling sticks. That certainly made a beautiful contrast against the dark of the night.

Yes, it was a night where our beneficiaries and our guests alike enjoyed themselves tremendously. 🍡



▲ Beneficiaries posing for a group shot with students of the Eunos CC child care centre

Book Reviews

Job-Hunting for the So-Called Handicapped or People Who Have Disabilities—by Richard Nelson Bolles, Dale Susan Brown:

The authors guide readers through the often-frustrating, but ultimately rewarding process of securing independence in their lives and personal satisfaction in their careers. The book covers job-hunting strategies tailored specifically to people with disabilities and is a sensitively written job hunting manual for the disabled which also touches on the reasons behind employers’ reactions to disabled persons, and provides useful tools for challenging stereotypes.

Keys to the Workplace: Skills and Supports for People with Disabilities – by Michael J Callahan, J Bradley Garner:

The book introduces a unique, easy-to-implement process for developing and carrying out individualized, effective job search plans. The authors present a 7-phase sequence that fosters natural supports that are vital to long-term job satisfaction and success, including detailed descriptions of the role of each person involved in the vocational support process.

Successful Job Search Strategies for the Disabled: Understanding the ADA – by Jeffrey G Allen:

A prominent employment attorney provides all the necessary information pertinent to physically and mentally challenged job seekers. Contains excellent coverage on such topics as overcoming perceptions, hiring, promoting, interviewing, resumes and cover letters. Features 50 real-life scenarios. 📖

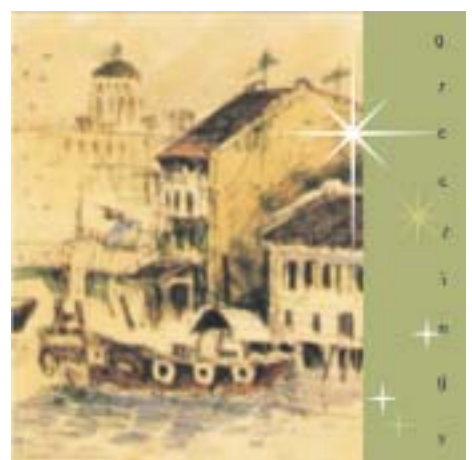
Buy a Card and Help Create a Job for These Abled People

YES, the end of the year is upon us and once again SPD has joined the ranks of Bizlink Centre, Spastic Children's Association and Singapore Association for the Visually Handicapped in producing a range of cards for Christmas and Chinese New Year.

Priced at \$1.10 per card, the range comprises winning paintings at These Abled People's painting competition held this year.

These Abled People Season's Greetings is a showcase for artists with disabilities. The project of Centralised Marketing Service helps to create jobs as well as raise funds for people with disabilities from the 4 supporting charities involved.

Aside from these, customised designs and ecards are also available. For further details, contact the hotline at 62366382, or email sales@spd.org.sg.



Some of the designs available in These Abled People Season's Greetings card range



We welcome contributions and feedback. Also, if you would like to make a donation or know more about SPD, kindly get in touch with us.

The Editor, **extrapage**

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