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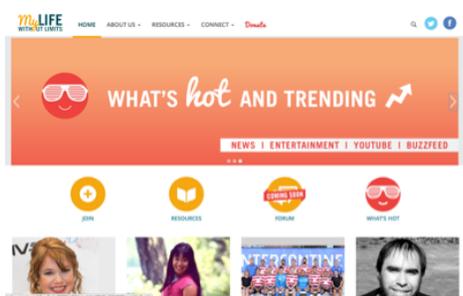
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2015

New Year, New Newsletter

Thank you for being a part of UCP. Today, we are excited to unveil *Life Without Limits*, a free monthly newsletter which will replace *Full Spectrum* with even more useful content. If you enjoy this new format, please share with your friends and family - there is a link to subscribe at the bottom of the page. And, if you have a story to share or suggestions to improve UCP's communications with you, please let us know. [Contact Shelly Debutts at sdebutts@ucp.org.](mailto:sdebutts@ucp.org)



UCP Launches New Resource for People with Disabilities

UCP is proud to introduce My Life Without Limits, a new community-driven resource for people with disabilities. Its flagship website, www.mylifewithoutlimits.org, is designed as a hub for information on disability and health, education, employment, relationships and more. Find out about the initiative's very personal connection to Public Education Director O'Ryan Case. [Read More](#)

Disability Activist Never Wanted to Be "Your Inspiration"

Australian journalist and disability activist Stella Young, who passed away unexpectedly in December, declared "I'm not your inspiration" to millions who viewed her TedX Sydney talk in



person and on YouTube. With wit and charm, Stella explained that her use of a wheelchair did not make her a hero. [Read More](#)



She Traveled Across the Country for This: Design-athon's DC Edition

Occupational therapist Clarice Torrey traveled from San Francisco to Washington D.C. just to attend UCP Life Lab's Enabled by Design-athon in November. She had no idea what to expect, but sensed it would be something special and particularly useful in her work with people with disabilities. [Read More](#)



Going Out with a Disability: Will I Be Able to Get In?

Blogger, musician and independent record-label owner Sean Gray loves D.C.'s music scene and nightlife. But, as a person with a disability, it can be very frustrating to deal with the inaccessibility that is frequently a hallmark of underground music venues - almost as frustrating as dealing with attitudes that work to deny his natural right to feel frustrated. [Read More](#)

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NEWS FROM UCP

Looking Back: UCP's Top Stories of 2014

We shared many stories about people and families living with disabilities and the issues important to them on our [Voices of UCP blog](#) this year. Here are our picks for the most interesting, inspirational and important stories of the year. [Read More](#)

Emergency Preparedness for People with Disabilities Studied

Researchers at George Washington University are studying what individuals with physical disabilities think about preparing for disasters. To offer your opinions in a survey, [email to get a link](#). \$10 gift cards (Amazon, iTunes or Target) are offered for your time.

MISSION MOMENTS

UCP of Huntsville & Tennessee Valley Enlists NASA Engineers to Adapt Toys

One UCP affiliate took full advantage of a resource in their own backyard, enlisting engineers from NASA's Huntsville operations to help adapt electronic toys to work better for children with special needs. [Read More](#)

Thank You!

UCP and our 80 affiliate organizations thank you for your support. Your donations on #GivingTuesday and throughout 2014 made a huge difference in UCP's ability to fulfill its mission. [More About Donating](#)

WASHINGTON WIRE

RESOURCES AND INFO

ABLE Act Passes into Law

The Achieving a Better Life Experience (ABLE) Act was signed by President Obama in December after Congress passed the legislation allowing people with disabilities to save up to \$14,000 per year without losing their eligibility for federal benefits. [Read More](#)

Senator Tom Harkin Retires

After 40 years of service Senator Tom Harkin, a Democrat from Iowa, retired at the end of the Congressional session in December. Harkin was known for his strong commitment to public policy that benefited people with disabilities and their families. [Read More](#)

Managing Pain and Cerebral Palsy

UCP has just released a new downloadable information sheet from our Medical Director and other experts about the causes and treatments of recurring pain for people with cerebral palsy. [Download the Document](#) or [Find More Resources Like This](#)

Planning Your Legacy

Star the new year off by planning for your legacy. Visit UCP's new online resource for information about wills and trusts, and get links to useful personal planning tools for managing your estate and making bequests. [Read More](#)



causenetwork

Shop for a Cause

Shop 1200 major retailers and up to 10% of your purchase goes to UCP to help people with disabilities and their families. [Learn more.](#)

UPCOMING EVENTS



April 13-15, 2015

Join us for the annual **Disability Policy Seminar** in Washington, D.C. hosted by UCP, The Arc, AAIDD, AUCD, NACDD and SABE. Find out more and register at www.disabilitypolicyseminar.org.

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