

**HELPFUL HINTS
FOR
CALLING AND TEACHING
HANDICAPABLE DANCERS**

HANDICAPABLE DIRECTORY

(Updated March 14, 2012)



This manual was produced by CALLERLAB's Handicapable Committee and it reflects the joint effort of many callers and dancers to assemble information on calling and teaching handicapable people. This special needs group has a population that is undetermined as yet and can benefit tremendously from modern western square dancing and its associated activities.

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Welcome to the Handicapable Directory and Helpful Hints Handbook. We hope you learn a lot about Handicapable Square Dancing!

We would like to thank everyone who assisted in putting this together. We hope all of the information shows that amount of love and dedication we all have to these special dancers.

Please feel free to contact anyone in the directory. We would all love to help and get the word out about Handicapable Square Dancing as much as we can.

Happy Dancing!

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Handicapable Committee

<i>Chair</i>	Michelle Mabie (McCarty)
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Committee Function

To provide guidance and assistance to callers regarding calling for Handicapable Dancers. To provide guidance and ideas for callers to assist those wishing to organize and develop Handicapable square dance groups. To spread the awareness of the Handicapable Square Dancing. To provide guidance to assist callers in mentoring Handicapable dancers and assisting them to receive maximum benefit and ability from square dancing.

MISSION STATEMENT: We will promote, teach, support, mentor and provide guidance to callers to enable them to provide Handicapable Dancers the opportunity to enjoy the maximum benefits and joy that square dancing can provide. We will promote Handicapable Square Dancing and assist with the organization and networking of clubs and groups around the world to enable the recognition and growth of square dancing among this special needs group. We will recognize those individuals and or groups who provide special efforts to further the success, development and growth of the Handicapable square dance program

VISION STATEMENT: We feel that this special needs group has a population that is undetermined, virtually unexplored and underdeveloped. This group can benefit tremendously from modern western square dancing and its associated activities. We wish to extend the outreach of CALLERLAB and callers giving the opportunity to develop the Handicapable square dancing program.

Accomplishments This committee was established in November 2002. It was developed from the concepts and ideals of The US Handicapable Square Dancers. The US Handicapable Square Dancers provide an annual National Square Dance Convention for Handicapable Square Dancers

Future Activities Develop and distribute brochures to promote and recruit callers and dancers for the Handicapable Square Dance program worldwide. To develop and publish a Handicapable club/group directory, with lists of Handicapable friendly festivals and callers willing to call for Handicapable Dancers. Develop a caller education program for potential callers from within the Handicapable population. To locate and recruit a Handicapable ambassador to promote the awareness of Handicapable square dancing and the numerous benefits.

Membership Requirements Active Members, Associate Members or Life Members who are willing to call for and or teach Handicapable groups on a regular basis or at festivals or special events.

Handicapable Directory

ALABAMA

Southern Stars

Foley, AL
Dean Emery, Caller
9354 Johnson Road
Mobile, AL 36695-9004
251-633-8212
emery2@bellsouth.net

Square Dealers

Mobile, AL
Dean Emery, Caller
9354 Johnson Road
Mobile, AL 36695-9004
251-633-8212
emery2@bellsouth.net
Birdie Jones, President

CALIFORNIA

Handicapable Square Dancers of California Association

Rod Fore, President
2041 E. Cypress St.
Covina, CA 91724
626-339-2574
candystr@earthlink.net
Jan Goodrich, Vice President
9363 Pinon Ave.
Hesperia, CA 92345-3302
760-947-4723
Jangoodrich2000@yahoo.com

Angel Squares

Hesperia, CA
Jim Brown, Caller
Paul Stevens, President
Jan Goodrich, Secretary
9363 Pinon Ave.
Hesperia, CA 92345-3302
760-947-4723
Jangoodrich2000@yahoo.com

Blue Jay Squares

Hesperia, CA
Lou Sperling, Caller
Martin Powell, President
P.O. Box 400280
Hesperia, CA 92340

Can-Do-Its

Fremont, CA
Darlene Culligan, Caller
24780 Pear Street
Hayward, CA 94545-2417
dfculligan@juno.com <http://www.mixed-up.com/clubs/candoits/>

Footstompers

West Covina, CA
Desirey Benevides, Caller
Kathy Coppin, President
651 Puma Canyon Lane
Glendora, CA 91740
626-914-1389
June Waller, Contact
3306 East Holt Ave.
West Covina, CA 91791
626-332-4292

Guys & Dolls of Sacramento

Sacramento, CA
Jerry Yerby, Caller Thursdays
Handicapable Advanced
Laurel Ruff Center
5325 Garfield Ave.
Sacramento, CA 95841
Jerry Yerby, Caller Mondays
Handicapable Beginners
Dorothy Vasion, President
916-645-3419
dvasion@yahoo.com
Lorna Garrett, Vice President
1841 Dorado Ridge Trail
El Dorado Hills, CA 95762
916-933-9292
Club website:
<http://guysanddollssqdance.home.comcast.net>

Happy Twirlers

Del Haven Community Center
Ron Harris, Caller
1221 Rebecca Dr.
LaHabra, CA 90631
562-691-7864
harriscall@aol.com

CALIFORNIA (continued)

Hi-Country Handicapables

Caller Jim Brown
909-985-3929 or 909-229-2348
oldguyentertainment@gmail.com
www.theoldguyentertainment.com/squaredancing

President Fred and Sue Lockard
P O Box 701
Blue Jay, CA 92317-0701
909-867-7118

slrsca@verizon.net
Meet 2nd, 3rd and 4th Sunday 4 to 6 PM
Rim Bowling and Entertainment Center
Crestline, CA 92325
909-338-5550
freeway2002@verizon.net

Motherlode Dancers

Jerry & Pam Yerby, Caller
920 Matson Drive
Auburn, CA 99560

Pioneer Squares of San Bruno

Palos Verde School
1290 Commodore Dr.
San Bruno, CA
Jim Wylie, Caller
Donald Carruth, Contact
650-726-5637
Shirley Korm, Contact
29331 Nantucket Way
Hayward, CA 94544
510-785-5701
james_wylie@sbcglobal.net
<http://www.mixed-up.com/clubs/pioneers-sanbruno>

San Bruno Pioneers Handicapables

Jim Wylie, Caller
29331 Nantucket Way
Hayward, CA 94544
510-785-5701
james_wylie@sbcglobal.net

Simi Valley Travelers

John Ryan, Caller
Michelle Forman, Contact
2056 North Berman Ct.
Simi Valley, CA 93063
805-501-2582
msforman81@aol.com

Sunshine Twirlers Handicapable Club of Orange County

Buena Park, CA
Frank Lescrinier, Caller
Julie Blackburn, President
530 N. Allison Lane
Placentia, CA 92870
714-985-1560
stsjulie@aol.com

FLORIDA

Miami Ocean Waves

Steve Ackerman, Caller
305-807-2436(cell)
305-385-5707(home)
305-663-0055(office)
ctacaller@juno.com
Peggy Vaugh, President
21851 SW 98 Avenue
Miami, FL 33190
305-252-7852(home)
305-301-1904(cell)

Sunland Swingers

Marianna, FL
Jim Bush, Caller
1412 Spence Rd.
Pelham, GA 31779
bushbabysquares@earthlink.net

Yellow Rock Squares

Daytona Beach, FL
Rick & Marilyn Yates, Caller
1605 Pleasant View Drive
DeLand, FL 32734
386-734-2110
revates.deland@gmail.com

INDIANA

Hollis Adams Square Dancers

Indianapolis, IN
Gene Reneau, Caller
1172 Lincoln Park East Drive
Greenwood, IN 46142-8818
317-885-1016
gmpreneau@juno.com
Jane and Tom Harris, Contacts
1338 Greenbrook Dr.
Indianapolis, IN 46229

IOWA

Circle R's

Reinbeck, IA
Reinbeck Elementary School
605 Pioneer Road
Reinbeck, IA 50669
Delane Thede, Contact
319-788-2058

Star Spangled Swingers

Des Moines, IA
Mike Magnant, Caller
Darryl & Jane Blythe, Leaders
2249 NW 80th Pl.
Clive, IA 50325
515-276-1691
djblythe@q.com

KENTUCKY

Olympic Stars

Louisville, KY
Charlie & Johnnie Wheatley, Caller
6402 Beulah Church Road
Louisville, KY 40228
502-239-1956
charlesandj@bellsouth.net

Happy Squares

Louisville, KY
Charlie & Johnnie Wheatley, Caller
6402 Beulah Church Road
Louisville, KY 40228
502-239-1956
charlesandj@bellsouth.net

LOUISIANA

Swinging Saints

Alitia Becker, Leader
7547 Westlake Road
Sterlington, LA 71280
318/665-9085

MASSACHUSETTS

Nau-Sets

Centerville, MA
Centerville Senior Center
406 Buckskin Path
Centerville, MA 02632

HYA (Handicapable Young Adults)

Andover, MA
Jane Carlson, Caller
Marilyn Gulla, Contact
Mgulla006@gmail.com
443 So. Main Street
Andover, MA 01810
978-475-3061

MINNESOTA

Perfect Squares

Minneapolis, MN
Jan Snook, Contact
614 Pierce Street NE
Minneapolis, MN 55413-2528

MISSISSIPPI

Gulf Coast Western Variety Dancers

Gulfport, MS
Lloyd Alexander, Caller
llamusic@hotmail.com
Dean Oliver, Contact
3052 Quave Road
D'Iberville, MS 39540-5927
jujuoliver15@yahoo.com

NEW JERSEY

Mercer ArcAngels

Trenton, NJ
Michelle Mabie (McCarty), Caller
36 Brampton Lane
Gansevoort, NY 12831
518-636-5976
mmichbritt@aol.com

Hunterdon Stars

Flemington, NJ
Michelle Mabie (McCarty), Caller
36 Brampton Lane
Gansevoort, NY 12831
518-636-5976
mmichbritt@aol.com

Spectrum

Northern NJ
Fran Wadel, Caller
56 New York Avenue
Dumont, NJ 07628
201-385-4228

OHIO

YES Dancers (Wheelchair)

Columbus, OH
Ed Laudenschlager, Caller
4271 Ashgrove Drive
Grove City, OH 43123

OHIO (continued)

Chilicothe's Happy Squares

Ed Laudenschlager, Caller

614-851-3233

pacfanalso@woway.com

Margaret Harrison, Contact

10 Linwood Drive

Chillicothe, OH 45601

740-775-2020

julmule@horizonview.net

OREGON

Silver Spinners Wheelchair

Square Dance Club

Keizer, OR

Bruce Lowther, Caller

4100 Cherry Avenue

Keizer, OR

Blowther01@comcast.net

<http://home.comcast.net/~blowther01/>

PENNSYLVANIA

Hill Top Squares

Ebensburg, PA

Tom Miller, Caller

P.O. Box 72

Chest Springs, PA 16624

814-674-5969

tommill@verizon.net

Hakuna Matatas

Altoona, PA

Corben Geis and Tom Miller, Callers

P.O. Box 72

Chest Springs, PA 16624

814-674-5969

cory@corv-ographics.com

North Hills St*rs

Sue Korinchak, Matt Lebo, and Sharon

Kopp Callers

contacts: Gary and Marti Beatty

159 Rana Lane

Gibsonia, PA 15044

724-443-2616 412-915-8486 jan – march

TEXAS

Heart In Hand

San Antonio, TX

Ed Wilson, Caller

13430 West Avenue

San Antonio, TX 78216-2005

Hillareous2@juno.com

Metrotumbleweeds

Dallas, TX

Alan Woods, Caller

1053 Keith Dr.

Hurst, TX 76053

817-223-8422

alantwoods@hotmail.com

WASHINGTON

Grand Squares

Olympia, WA

Lac-A-Do Hall

8721 Spurgeon Creek Road SE

Olympia, WA 98513

360-481-6883

WISCONSIN

Westport Plus Squares

Madison, WI

Westport Town Hall

1929 Vahlen Street

Madison, WI 53704

608-244-1185

Westport Squares

Madison, WI

Westport Town Hall

1929 Vahlen Street

Madison, WI 53704

608-244-1185

CLUBS IN OTHER COUNTRIES

AUSTRALIA

Vision Australia Squares (Dancers with visual impairments and blindness)

Margaret Snyder, Caller

38 Leisureland, Drive

Langwarrin, Victoria 3901

Australia

Phone: (03) 9789 3901

vwsnyder@hotmail.net.au

Silver Spinners Square Dance Club, Inc.

PO Box 3149

Nunawading, Vic 3131

Australia

John van Delft

+61 3 9803 9325

John@taxkare.com.au

CANADA

The Swing Spokes (Wheelchair)

Edmonton, Alberta, Canada
Al & Peggy Deby, Caller
18020 99th Avenue
Edmonton, Alberta T5T 3X5

The Wheeling Eights Square Dance Club (Wheelchair)

Surrey, British Columbia, Canada
Ty Wagner, Caller
14045 77th Avenue
Surrey, British Columbia, V3W 2W8
tywagner@telus.net

The Hamilton Steel City Wheelers (Wheelchair)

Hamilton, Ontario
Sharon Long, Caller
109 West Avenue North
Hamilton, Ontario L8L5C4
905-529-6837
Sharon_March@sympatico.ca

The Twisty Twirlers (Round Dance Club)

Powell River, BC
Paul Clements, Cuer
5713 Allen Avenue
Powell River, BC
V8A 4J2
604-485-6411

DENMARK

Margits Square Dancing

Margit Mortensen, Caller
Mollevej 94
4930 Maribo
Denmark
politihund@get2net.dk

Join Hands

Leo Parsberg Jorgenen, Caller
Mollebaek 90
Haldrup
8700 Horsens
Denmark
+45 23445309
parsberg@live.dk

REPUBLIC OF CHINA

Sunshine Wheelers (Wheelchair)

Taipei, Taiwan
Jennie Wang, Leader/Caller
TSU-Chang Physical Handicapped
Association
P.O. Box 109-621
Taipei, Taiwan 110
Republic of China
886-2-2723-1945
Sy.jennie@msa.hinet.net

DOC Squares

Taipei, Taiwan
P.O. Box 109-621
Taipei, Taiwan 110
886-2-2723-1945
Sy.jennie@msa.hinet.net

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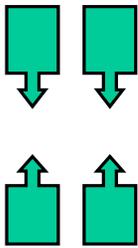
**HELPFUL HINTS FROM PAUL AND ANN CLEMENTS
AND
THE TWISTY TWIRLERS ROUND DANCE CLUB
(BRITISH COLUMBIA)**

We operate a pattern dance program at the local Community Living Association day program. It is for people with mental disabilities and some also have physical challenges. We dance many kinds of dances including squares, contra, reels, freestyle but primarily round dances. Each dancer is partnered by a staff member or a volunteer and the cues/calls are directed to the partner. We often have less partners than clients so we often repeat each dance so that all participants have the chance to dance. This also gives clients a chance to rest between dances. My husband Paul is our cuer and I lead the teaching. All dances have been choreographed specifically for this program and they are greatly simplified from standard dances. We have modified all the figures so that there are no steps requiring independent action by the clients. So for example, we can use underarm turns but not solo turns. The figures are given twice as much time as a standard figure would take, to accommodate the differing needs in the group.

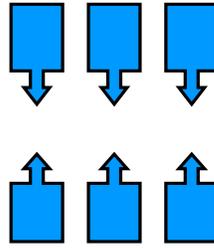
For example, a twirl is given 2 measures of music instead of one. Any clients who can execute the figure in one measure are led to do the figure twice by their partners. The partners often change so the program is kept simple enough to accommodate these new partners every week. We all wear a glove on our left hands for two reasons. The directions right and left are too difficult for most dancers. So we cue directions as gloved and bare instead. We also find the gloves help reduce the spreads of colds in the group. Our program has been going for 4 years and we tend to have 30 - 40 dancers at a typical dance. The energy in the room is amazing and is one of the most popular programs offered in the day program for both the clients and partners.

HELPFUL HINTS FROM CORY GEISHAUSER AND THE HAKUNA MATATAS (PENNSYLVANIA)

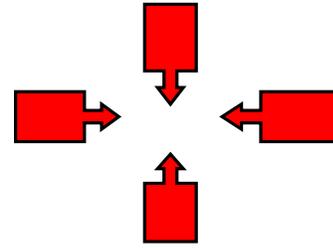
Generally, Nursing Centers, Personal Care Homes and Assisted Living Communities are limited to dancing space and assistance. So, I keep the choreo very basic for the chauffeurs and have fun with a variety of set up formations. You can do lots more!



Mini Squares



Facing Line Trios



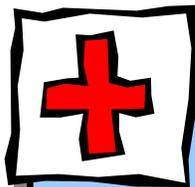
Diamonds

I really like involving the staff, volunteers, friends and families to partake in this activity. Wheelchair square dancing works very well as an intergenerational program. As an Activity Director myself, I enjoy programs that promote many different aspects of life. This activity is an exercise, a sing along and a reminiscing program all rolled up into one event.



HELPFUL HINTS

- 1 It's very helpful if the wheelchairs have foot rests.
- 2 Make sure the breaks to the chairs are not locked down.
- 3 Too much spinning of the chairs can make the residents dizzy.
- 4 Gerry beds are a very different handle than wheelchairs
- 5 Sometimes, residents have afghans on their laps.
Be careful, they do tend to get tangled in the chairs.
- 6 The chauffeurs should not be other residents
- 7 The execution time of the calls are longer than normal
- 8 Extra staff need to be on stand by in case of emergencies
- 9 Motorized scooters work well with a square of all scooters
- 10 If you are the chauffeur, introduce yourself to the resident in the chair before standing behind and maneuvering them.



Being certified in CPR and First Aid is a great benefit to have when you are pitching the idea to the Activity Directors. Plus, it's just a good thing to earn as a square dance caller or leader.

Some residents really enjoy WATCHING the square dance, but do not want to participate. Please, respect their wishes.



Wheelchair Square Dancing

Identification Names I've heard over the years

Wheelers
Residents
Dancers
Seniors
Spinners



Dealers
Chauffeurs
Pushers
Escorts
Chaperons

Remember, this activity is primarily for the residents. If you want to have fun with the volunteers, perhaps a line dance just for them. Or, get a few extra wheelchairs, put the chauffeurs in the chairs and call one tip that way. But they have to maneuver the chairs on their own.

The residents usually get a good laugh out of this special tip. The staff is laughing a lot too.



Make sure they are capable enough to move the chairs on their own. And, keep the tip short

Most activity professionals are really into having Theme Dances. This makes your selection of Singing Calls much easier.

If you are calling a wheelchair dance at a Children's Hospital or a pediatrics wing, make sure you are open to lots of suggestions and requests. I've had to invent variations of The Chicken Dance, Hokey Pokey, Bingo Waltz, Macarena and other popular mixer dances.



**HELPFUL HINTS FROM BRUCE LOWTHER
AND
SILVER SPINNERS WHEELCHAIR SQUARE DANCE CLUB
(OREGON)**

General:

- People who are pushing a wheelchair are called motors, not pushers.
- Some disabilities affect the memory or cognitive ability, be aware. This may mean that you will have to re-teach a move frequently before it is remembered or that you will have to cue people through it.
- When giving directions, try to address the person in the wheelchair. This helps them be engaged in what they are doing.
- Being pushed in a wheelchair is a passive experience. Try to get them to direct the pusher.
- Reduced head movement in the chair can cause motion sickness if you go too fast. This happens because they cannot turn their head enough to “spot” something as they turn; everything just is a blur as it goes by. This is worsened if the person in the wheelchair is not engaged in what they are doing.
- Allow about twice as many beats to complete the movement. This rule varies with the kind of disability. There is one young man in our group with CP, normally his mother guides the chair, but if he does the moves himself then it can be much more time to complete the move.
- Be careful of forward and back movements. The change from a forward movement to a back movement makes it harder for the person in the wheelchair to stay in the chair.
- “Screwing a dancer into the ground” can cause dizziness and motion sickness. Try not to put too many turning movements together.
- Squares can get big because of the room a chair takes to maneuver. When planning a wheelchair dance I allow a 20 by 20-foot area per square.
- Wheelchair square dancing has an additional challenge in that you are not touching anyone. This means the dancer has to keep track of where they are in a square in relation to others in their head.

SD Moves I do not call:

- Swing - Can cause dizziness and orientation problems.
- Do-sa-do - Wheelchairs do not go sideways. I have done a do-sa-do in a diamond shape, but it really does not add to the quality of the dance.
- Allemande Thar - It is hard to navigate a wheelchair backwards. It can be done, but I believe it does not add enough to the dancing experience to make it worthwhile.
- Box the gnat - This could be done as a pass through and u-turn back. To do it as written is possible, but does not add to the dancing experience.
- Half Sashay - Sideways movements are hard.
- U-Turn Back - Requires too much room for wheelchairs.

Adapted moves:

- Ladies In Men Sashay from a circle Left - Imagine promenading single file reverse line of direction. Have the ladies roll into the center of the circle, looping back so the end up behind the man that was originally behind them.
- Roll away with half sashay from a circle left - Imagine promenading single file reverse line of direction. The ladies accelerate into the center of the circle, men slowing down a little, from the center of the circle the ladies move up in front of the man originally in front of them.
- Circle Left/Right - Single File Promenade
- Recycle - Ends cross fold, Ladies back up.
- Right & Left Thru - Pass through, Partner Trade. You could in fact drop this call and just call the Pass Through, and Partner Trade.
- 8 Chain Thru - Instead of a courtesy turn on the end, do a partner trade.

Moves that are the same:

- Slide Thru -> Star Thru
- Weave & Right & Left Grand
- Stars & Promenades & Circles

Example Singing Call Figure:

Heads Square Thru
Swing Thru
Boys Run
Ferris Wheel
Pass Thru
Take Corner
Promenade (short).

ROUND DANCING IN WHEELCHAIRS

General:

- Not like our round dancing at all
- Mostly all forward movements with circles
- We only do waltz - could use other music

Similar moves:

- Twisty Vine - Dancers veer away from partner 2 beats, and then veer towards partner 2 beats, repeat as many times as desired.
- Partner Trade (same)
- Hitch is the same only it takes more beats. (It is a slow forward and back movement)

Examples of Moves:

- Butterfly 8 - 8 measures - Starting positions couples facing same direction line of dance (lod) or reverse lod. Two couples loop away from each other coming back together facing the opposite direction. Couple backs up two measures, and then loops away from one another to come up facing the original direction, couples move forward 2 measures.
- Figure 8 - 8 measures - starts from couples both facing lod or reverse lod. Couples circle away from one another when they come back together they cross sides (inside crosses in front) 4 measures, and momentarily are together facing the original direction, the couples continue to circle away from one another, when they come back together they change sides, (inside crosses in front) and end up in their original positions facing the same direction as when they started 4 measures.
- Circle Away lod - individuals circle away from partner, rolling back, and they end up together facing lod.
- Circle Away Cross over - Individuals circle away from partner rolling back, as they meet they change places with the person on the inside crossing first and end up facing lod.
- Circle Away Lady roll to banjo - Lady: veers away from partner, and then circles in to face the opposite direction (reverse lod) beside partner. Man: Veers away from partner, and then backs up coming to rest beside his partner facing lod.
- Wheel left, Lady to line of dance - From banjo, both partners wheel forward staying together. When man is facing lod he stops turning and moves forward, the lady continue on around the man until she is facing lod and then moves up beside the man. Ending position: Normal couples facing lod.

**HELPFUL HINTS FROM MICHELLE MCCARTY
AND
THE HUNTERDON STARS AND MERCER
ARCANGELS (NEW JERSEY)**

- 1) Who are “Handicapable Square Dancers?”
 - a) The developmentally disabled - Mentally retarded, multiply handicapped, autistic, cerebral palsy, hearing/vision problems, sensory integration problems, blind.
 - b) Individuals in wheelchairs- With and without disabilities.
 - c) Individuals with a wide range of abilities- Some dancers will be able to dance programs beyond Mainstream, while others may dance the Handicapable list.
 - d) Individuals who have had strokes, have Parkinson's Disease, Alzheimer's.
 - e) Individuals who are of varying ages

- 2) What makes these dancers different?
 - a) A slower pace-for music and learning.
 - b) More repetition required.
 - c) May be delayed in their motor skills, social skills, language skills, and processing skills and may perseverate.
 - d) Social skills- Very affectionate, not always conscious of “personal space”, may need "personal space", some disruptive behaviors may occur, stubbornness
 - e) Timing Lists- Do not use standard timing charts. The program you are doing needs to be customized for each individual group. Standard singing call figures will be too demanding.

- 3) What makes the dancers the same?
 - a) They LOVE dancing just like we do!
 - b) They may be delayed, but they are not kids. They have similar interests like us- racing, sports, and music.
 - c) They are out to have a good time!
 - d) They need the same structure/rules/etiquette that a square dance provides.*Sometimes they get noisy*Sometimes a pep talk is needed.
 - e) They LOVE praise and hugs as much or even more than dancers at typical clubs.

- 4) What does it take to call for a Handicapable Club?
 - a) A love of the square dance activity.
 - b) Lots of patience
 - c) An open mind
 - d) Flexibility

- 5) What do the dancers need from their caller?
- A smiling face.
 - Consistency.
 - Accepting these individuals as who they are.
 - Positive outlook.
 - Praise and reassurance.
 - Sense of humor.
 - Angels- Angels are needed in a variety of ways.
 - *Use in the square to assist with individuals who need assistance.
 - *Use outside the square to assist individuals who need physical assistance, hand over hand help or redirection.
 - *Remember to help where necessary- not everyone needs help. Some dancers just need to be lead in the right direction.
 - A commitment to square dance norms- Teach them so they are not disabled in a different square dance situation.
 - A night of fun.
- 6) Remember there are different learning styles.
- Appeal to all of the senses- Sight, hearing, touch, smell, taste.
 - Use verbal cues/key phrases- Let them fill in the blank.
 - Demonstrate- Go out and show them.
 - Be consistent- In the beginning, do not do partner changes during singing calls. Let the dancers adjust to where their home is, who their partner and corner are and spatially get used to doing the calls and how they feel.
 - Use your environment to help you.
 - Use additional props.
 - * Bracelet for left hand
 - * Electrical tape on the floor to assist in having the dancers find their home.
 - The music, rhythm and melodic intonation helps
- 7) Music- The dancers LOVE to be able to sing or “get into” the music
- | <u>Patter Records</u> | <u>Singing Calls</u> |
|------------------------|----------------------------------|
| Sin Wagon- 4B-6149 | YMCA- LM 206 |
| Iko Iko- S2K-2007 | The Locomotion- ESP-156 |
| Boogie Fever- LM-209 | Old Time Rock & Roll- ESP-1073 |
| Funky Cowboy- LM-219 | Pink Cadillac- RB-3017B |
| Rhythm Is Going To Get | Do Rae Me- DWN-110 |
| You- ESP-710 | That’s The Way I Like It- A-1022 |
| Swamp Thing- MR-5021A | Joy To The World- RR-247B |
- 8) If you are interested in calling for a Handicapable Club, what do you do?
- Go to a Handicapable dance or exhibition
 - Go to an activity sponsored by an agency dealing with individuals with disabilities
 - *Association of Retarded Citizens (ARC)
 - *United Cerebral Palsy (UCP)
 - *Muscular Dystrophy Association (MDA)
 - *Special Olympics
 - Inquire around your area about summer camps for individuals with special needs.

- 9) Search the web for information.
 - a) USDA- www.usda.org - Click on the icon named Handicapable Dancers.
 - b) US Handicapable Square Dance Association- www.ushandicapable.org
This site introduces you to the Association, tells you about clubs, tells you about the Handicapable Convention, gives you a list of calls, and lets you ask questions.
 - c) The National Arc- www.thearc.org - This site will explain what the Arc is, its purpose, and to help you find your local Arc.
 - d) The United Cerebral Palsy Association- www.ucp.org This site will explain what UCP is, its purpose, and will help you locate your local UCP.
 - e) The Muscular Dystrophy Association- www.mdausa.org- This site will explain what the MDA is, its purpose, and will help you locate your local MDA.
 - f) The Special Olympics- www.specialolympics.org - This site will explain what the Special Olympics are, their purpose and help you locate your local Special Olympics Chapter.
 - g) I went to Google and put in Camps for Special Needs. There were many places to look and a few sort by location.

10) How do you get a Handicapable group started?

- a) Locate dancers- The best way to do this is to contact your local RC, UCP, MDA, Special Olympics or other local association dealing with individuals with disabilities.
- b) Find a building.
- c) Find a caller.
- d) Find angels- Parents, local square dancers, volunteers.
- e) How often do you have the dances?
- f) Insurance- If you have CALLERLAB membership, you are covered with Liability Insurance.
- g) Funding- Fund raising helps the dancers have other opportunities.
- h) Clothing- Put the word out to local square dance clubs. Square dancers are very generous people!
- i) What type of program do you do?

*Line dances usage?

Birdie Song (Chicken Dance)- ESP 001

Hokey-Pokey- MGR-6995

Electric Slide- COL 2607

Macarena- GMP-502B

Virginia Reel- MGR-7345 (May need to be modified version)

Amos Moses- Jerry Reed

Boot Scootin Boogie- Brooks and Dunn

Wild, Wild West- The Escape Club

*How long is the dance? *Do you split the group?*How many breaks?

11)What is your goal?

a) For the dancers-

*A night of fun!

*Keep everyone dancing.

*What do you do when it is one of those nights?

*Don't get upset if you repeat a lot from week to week.

*Go to a Handicapable Convention- The 1st Convention was in 1988 with 350 attendees. The Convention in 2000, in Williamsburg, had 550 attendees. The 1st West Coast Convention was in 2003 and had 245 attendees. The 2004 Convention in St. Petersburg, FL, had 330 attendees. The 2nd West Coast Convention was in Las Vegas, NV, in 2005.

b) For yourself-

*Have reasonable expectations- Don't underestimate their abilities. Don't overestimate their capabilities. The dancers are eager to please! Give them a healthy challenge.

*You are giving of yourself- Don't blame yourself if it one of those nights.

*The rewards are more than you could dream of!

WHAT DO THESE DIFFERENT DISABILITIES MEAN TO YOU AS A CALLER?

1. Downs Syndrome/Mentally Retarded-
 - Slow response time-needs a few more seconds to process the information
 - Need concrete cues
 - May have difficulty with spatial awareness
 - May be easy to understand, may use sign language or picture symbols, may not speak
 - May be unaware of social cues- could get in personal space
 - Varying degrees of capability
 - some dancers may need no assistance
 - some dancers may need a little assistance
 - some dancers may need a lot of assistance and/or physical assistance

2. Autistic-
 - May not make direct eye contact with you but is listening
 - May rock or move when the music is playing or when it is not playing
 - May speak very well, may have speech difficulties or may not speak at all
 - Social skills are affected-may enjoy social interaction, may have fleeting instances of interaction or may stay more removed from the group
 - May make loud noises
 - May have difficulty with loud noises
 - Varying degrees of capability
 - some dancers may need no assistance
 - some dancers may need a little assistance
 - some dancers may need a lot of assistance and/or physical assistance
 - Needs cues that are clear, concise and direct- extra wordiness is not as effective

3. Sensory integration difficulties-
 - May not respond right away
 - Needs to filter out background noise to hear calls
 - May do better with physical cues-can feel what their body is doing
 - May be very distractible
 - May dislike loud noises

4. Cerebral Palsy-
 - May need more time due to physical limitations
 - May have difficulty with twirls-sets them off balance
 - May be unable to use one side of their body well
 - May be cognitively able to understand the calls, but challenged by their physical capabilities
 - May be in a wheelchair
 - do they need a pusher?
 - can they maneuver the chair by themselves?
 - do they have an electric wheelchair?
 - May have difficulty communicating-may have intelligible speech, may have

speech problems or may have an augmentative device (talking box) or use sign language

5. Blind or Partially Sighted-

-May be totally blind, have some sight, may see shadows, may see outlines of figures

-May have sight but have no peripheral vision

-Will need more auditory cues

-Will rely on touch and contact to be successful

-Will have to think of cues that they are familiar with since they may not have actually seen something

6. Deaf or Hard of Hearing-

-May be totally deaf, have some hearing, may have hearing aids

-There are sound systems available to assist people who have hearing difficulties

-When you play your music, turn up the bass so they can feel the music also

-May rely more on visual cues and movement to learn

7. Multiply Handicapped-

-May have any variety of disabilities

-Severity of the disability may not be very significant but the combination of two or more disabilities may cause problems

8. Dancers in Wheelchairs-

-May have no other disability except being unable to be mobile

-May have other disabilities

-May be in an electric wheelchair, be in a chair and can self maneuver or be in a chair and need to be assisted

-Some moves are very difficult for wheelchairs to do based on how they move (e.g. Allemande Thar)

9. Stroke victims-

-May have one side of their body affected and can only move the one side

-May affect other parts of the brain and may affect response time, vision, depth perception, balance

10. Parkinson's patients-

-May have difficulty with fine motor movements

-May do better with contact and moves that have arm connections to help balance and stabilize themselves

-Speed may be an issue and may need slower music and more time to complete the moves

11. Alzheimer's patients-

-May have difficulty with spatial concepts

-May have difficulty with short term or long term memory and retention

HELPFUL HINTS FROM GENE RENEAU AND THE HOLLIS ADAMS DANCERS (INDIANA)

If someone is involved or is considering getting involved in teaching the handicapped to Square Dance, there are five areas that need to be considered: Patience, Commitment, Dedication, Respect and Teaching.

Patience with the persons in attendance is vitally important as they function at a different level than we do and will not always respond as one might expect. "LET THEM WIN EVERY TIME." Give them lots and lots of praise.

Commitment: Be committed to do the best job you possibly can. Proper Preparation will Prevent Poor Performance.

Dedication: Be 100% dedicated to provide them with the best program possible.

Respect: Respect them for the person that they are. They are just marching to a different drummer than you and I do.

Teaching: Take the time to break each call down to its simplest components. Show them how to execute the call, no matter how many times it takes, and then let them dance.

A very useful tool for teaching a call that has two people turning. (Left Allemande, Courtesy Turn, Ladies Chain and Right and Left Thru, etc.), is to tell them there is a flag pole between them and to go around it. For Grand Square use a building as a reference.

Here are the dances that the group I am with enjoy: Circle Left/Right, Forward & Back, Right & Left Stars, Promenades, Elbow Swings, Left Allemande & Right & Left Grand, Courtesy Turn & (2) Ladies Chain, ½ of a Grand Square, Grapevine Twist, Chicken Dance, Hokey Pokey, Bunny Hop, Limbo, Freight Train, Tunnel of Love Contra, & Virginia Reel (W/O the reel). Please realize that I do not do all of these dances each time we meet, but they are all capable of doing all of them.

Assistance with the dances is always available from parents or Group Home leaders and they usually assist me when I teach. This group has square dance apparel that they wear when doing a demonstration and at dances if they so desire, but we do not enforce that rule that they wear them at dances. Just recently, a very large square dance club in the Indianapolis area, Nick Hartley's Brunch Bunch, donated square dance apparel to the group for which we are very grateful.

The group that I teach and call for is, The Hollis Adams Dancers. Indianapolis, IN. They meet on the 1st & 3rd Thursday nights 7:00-8:30, September through June. For music I use singing call records as they seem to adapt to the music better than with patter records.

HELPFUL HINTS FROM MARGARET SNYDER AND VISION AUSTRALIA SQUARES (AUSTRALIA)

You asked for helpful hints for calling to Handicapable Dancers. The biggest hint I can offer is for the caller and the helpers in particular to understand the disability. This may sound rather obvious. But on many occasions I have been asked to combine my Sight Impaired Dancers with Wheel Chair Dancers. This even happened at a national convention!!! Can you imagine a blind person trying to negotiate around a wheel chair that comes towards them on soundless wheels? Whoops someone goes head over

I have found the best way for a caller and helpers to overcome the difficulties a blind dancer experiences is to experience the handicap themselves. This can be achieved by coming together before meeting with their new sight impaired dancers and dance to very simple singing calls with two or three people wearing blind folds. The future caller needs to be on the floor dancing too and preferable as one of the blindfolded dancers. He or she will then find out very plainly how important it is to use calls that have hand contact, or can easily be substituted for a contact movement e.g. Grand Right and Left instead of Weave the Ring. Sighted dancers will also realize the necessity of talking to the blind person so that he or she can use their voice to locate their position. The new sighted learner sees a smiling face coming his way and knows he is heading in the right direction, but the blind dancer does not see the smiling reward that tells him he is facing the correct way. So the voice cue is very important. It is also important to restrict help only to the person next to you, and to keep the set square, no sloppy dancing. Many blind people can orientate themselves to their position in the hall by the placement of the speakers. Some cannot. If two blind people are promenading together the man in the couple behind them can easily put his hand on the blind man in front's shoulder removing it when he is in the home position. Again this is a good time to use the voice and say 'home'. I am not suggesting that you hold great conversations as you dance just the simple one word is all that is needed.

Main points are

- _ The caller understands blindness.
- _ Sighted Dancers use voice cues.
- _ Calls with physical contact are best.
- _ At the end of the tip don't leave the dancer in the middle of the floor.
- _ Most important is to have fun.

I must finish with a little tale about one of my very clever, totally blind dancers experienced at a National Convention in Australia. We were both in the same set, and were dancing very well. But my friend at the end of each dance in the bracket wanted me to replace her with someone else, as she was alarmed at the number of mistakes she thought she was making. At the conclusion of the tip she started apologizing to the group. She could not make out why she was not progressing around the set, corner, opposite, right hand man etc. She explained to us that she knew her partner very well he had a finger missing so she knew the rotation of the

girls was wrong. But what she did not know and nobody else realized was that her opposite was once a carpenter and had the same finger missing!!!

Hope to hear from somebody that decides to start a club for vision-impaired dancers. It's FUN for all.

HELPFUL HINTS FROM MIKE OLIVIERI (COLORADO)

In my last class, I had a young lady that could not understand the words being said. Several hand motions were developed to help her while dancing. Most of the calls that involve direct hand touch like a square thru or right and left thru, there was no problem. It was only the non hand touch calls, slide thru, weave the ring, cloverleaf, etc, that she had problems with. For a weave the ring, her partner would touch his left hand to his right shoulder to indicate a weave. Slide thru was taught using the flair hand move. When she would see the flared hands, she would know it was slide thru. Cloverleaf, her partner would use both hands to draw a cloverleaf for her, starting from the middle and drawing the leaves. At the beginning of a square thru, her partner would hold up the number of fingers for the number of the square thru.

HELPFUL HINTS FROM CHARLIE WHEATLEY AND THE HAPPY SQUARES AND OLYMPIC STARS (KENTUCKY)

Teaching and calling for the handicapped means you may be working harder than ever before. You will come in contact with folks with various disabilities and you need to be very patient with them. Do not underestimate them. They amaze me with how fast they catch on and retain some things. They may not be able to tie a shoe but they can learn to dance. You will have to adjust your timing. Do not use a lot of fill-in for timing purposes; this confuses them. Use helper words, such as for four ladies chain: ladies star right, boys courtesy turn the girl. For right and left thru: right hand pull by, boys courtesy turn the girl. They understand this. You can do this and keep the dance flowing smoothly. I would rather sacrifice some flow in order to keep them dancing.

Singing calls: four ladies chain, four ladies chain back home, face corner, swing, promenade works well. If changing partners is too challenging, don't do it for a while. Work it in gradually. Spoon feed them. Call to them.

Most of these folks are on medication which may cause them to move very slow or too fast in some cases. I like to mix the ones that move slow with some that move faster and also mix the slower learners with the quicker learners. Although my early caller coaches advised against singling someone out, I will call their name if I see anyone not paying attention. Medication may also cause unruly behavior. I insist that someone attend the dance and be responsible for each dancer. My clubs dance one hour per week with a five minute break. We accept new dancers around September and we do not graduate.

Angels: the experienced dancers are the angels and we have some parents/caregivers who are willing to fill in the squares if needed.

I insist on being the only teacher and I am the only one that goes on the floor to instruct. Do not hesitate to go out on the floor to demonstrate a call or physically move them through it.

I do not split my dancers up even though some have more ability than others. Many parents/caregivers have said they appreciated me not doing this. I try to keep them happy. They pay the bills and me.

My club dancers are all mobile. Many times I am invited to teach folks that do not move so well. They may be in wheel chairs, on walkers or canes, blind or lack the ability to take instructions on their own. These folks are usually in adult day centers. Then, I use staff members or whoever is available to help those that need physical assistance. Again, I am the instructor and these angels listen to instructions and help the dancer move about, not instruct.

Getting started A mother in one of my regular groups asked if I would try to teach her handicapped daughter and some other handicapped folks to dance. Twenty-nine people came for the first class and the Olympic Stars were born. Currently, we have fifty-three members, five also dance Mainstream and one dances plus.

We formed the Happy Squares when a brother of one of our members heard about the Olympic Stars and asked if I was interested in teaching another group. We have twenty members.

Most parents/caregivers are associated with organizations that deal with the handicapped, such as Special Olympics, Down syndrome foundation, association of retarded citizens that you can recruit from. Newspapers, radio, and TV are great ways to spread the word. But I feel word of mouth is still the best advertisement.

For the past thirty-four years, I have had the opportunity to call club dances (basic through A2) one-night stands, Festivals, conventions, beginner classes and recorded records, but calling for the handicapable is the most rewarding aspect of my calling career. Keep the music lively (they love music and love to dance). Do not talk down to them (they are not babies). Praise them, smile, keep it simple (kiss) and keep it fun.

Charlie Wheatley, Caller
Happy Squares (Handicapable)
Olympic Stars (Handicapable)
Charlie's Angels (Mainstream)
Daytime Squares & Rounds (Mainstream)
Fun-plus-squares & Lines (Plus)

HELPFUL HINTS FROM ALAN WOODS AND THE METRO TUMBLEWEEDS (TEXAS)

One thing that I got from Wade Driver regarding the center of the square -- I have used it for square thru and Grand Square -- he uses it at Advanced for pass in -- pass out, etc. where you need to know where flag pole center is. Many people use chairs -- some stand in the center of the square, some put money on the floor in the center -- now I have a couple of plungers that I put in the center of the square -- it gets their attention and reminds them of where the center is.

One thing that I do -- particularly when doing a party for handicapable dancers, is put tape on the floor for the home positions. I have found a gym floor tape that works well -- it is available in several colors, it is plastic, and relatively inexpensive.

Here is the place where I order it:

US Games PO Box 7726 Dallas TX 75209 Tel: 1-800-327-0484 Fax: 1-800-899-0149
<http://www.Us-games.com> Search for "Floor Tape"

Cost was \$4.69 for a 60 yard roll of 1" wide tape at last check.

PLANNING THE LESSON FROM "STEW " SHACKLETTE REFERENCE: "DANCE FOR THE EXCEPTIONAL" BY THE LLOYD SHAW FOUNDATION

Basic consideration in lesson planning includes many of the same techniques to plan any lesson. Your plan should include time for "warm up" by reviewing a favorite or easy dance. Then review some figures that might need further attention and/or explanation. Next introduce the new figures/dance; this should take most of your time. Finally, finish with dancer's choice and/or another old favorite. In developing your lesson plan take into consideration the age of the dancers, the length of the teaching session, and the number of lessons to be taught. This will be adjusted to the group you are working with.

Teachers must be flexible enough to adapt to their group. I always remember what one of my College Professors would say about this type of program. "There are three things to keep in mind when working with any group. If you use these three things you can make any program fit any group. They are: IMPROVISE, ADJUST, AND MODIFY." The unit should be long enough to teach the basic skills that will be needed to progress from basic to more complex combinations over a period of time. Don't hurry!

Do not establish time lines to meet, take it as it comes. Relax remember this is supposed to be fun.

The US Handicapable Square Dance Association

www.ushandicapable.org

U.S. Handicapable Square Dance Association "Only For The Fun Of It!"



Founded On Two Objectives:

1. To sponsor a Handicapable Square Dance Convention.
2. To keep Square Dancing alive for the fun in it.

Email: president@ushandicapable.org



USDA HANDICAPABLE PROGRAM

www.usda.org



This information sheet was developed by the Handicapable Committee of the UNITED SQUARE DANCERS OF AMERICA, INC. and will provide information on a part of the Handicapable Program supported by USDA.

All Leadership Educational material can be printed directly from the USDA web site at www.usda.org.

Explanation of Program

The USDA Handicapable program is monetary in nature. It consists of allocating monies toward the registration fee for eligible Handicapable dancers to attend the National Square Dance Convention®, which is held yearly.

Eligibility

The only requirement to be eligible is to be a Handicapable dancer in a Handicapable club. Any Handicapable club in the United States may apply for these funds.



How to Apply

In order to apply for funds, a club contact person must fill out the application form in this pamphlet and send the form to the USDA Handicapable Committee chairperson.

TOM & MARRIAM JAMES
1920 HERON COVE DR
LUTZ, FL 33549
(813) 948-9555
E-mail: usda.handicapable.dancers@usda.org

Application Form

Name of Handicapable Club _____

USDA Affiliate Organization (if applicable) _____

Contact Person for the Club:

Name _____

Address _____

Phone number _____

E-mail _____

_____ Total Number of Handicapable members requesting registration fee reimbursement

Please attach a separate sheet with names, address and NSDC Registration numbers of those members included in the above total.

Return this form to:

TOM & MARRIAM JAMES
1920 HERON COVE DR
LUTZ, FL 33549
(813) 948-9555
E-mail: usda.handicapable.dancers@usda.org

Distribution of Handicapable Funds

Since it is difficult for Handicapable clubs to know exactly how many of their members will be attending until the convention actually occurs, the allotment of funds will be addressed in the following manner.

The application for registration reimbursement must be received by July 31st indicating the number of Handicapable dancers in attendance at the National Square Dance Convention® just past.

The amount of reimbursement could be anywhere from partial registration reimbursement to full registration reimbursement. The total per Handicapable dancer will not exceed the full registration fee.

The amount of reimbursement depends on available funds and the number of requests. The amount of funds available will be determined at the USDA annual meeting. The funds available will be divided equally among those submitting applications.

Once all applications are received by the cut-off date of July 31st, the Handicapable Committee will review all forms for completeness and then send them on to the Treasurer for reimbursement. A check will be sent to the contact person in the club's name.

Credit Card Program

Funds are raised for the Handicapable Program through the USDA Credit Card program. Basically, 20 cents for each transaction made with the USDA credit card is returned to United Square Dancers of America. From that, the Handicapable Program receives 5 cents.

Please be sure to pick up a brochure on the Credit Card Program for more information and an application form.

USDA SQUARE DANCERS
OF AMERICA

THE ONLY NATIONAL DANCER'S ASSOCIATION
ORGANIZED BY DANCERS
FOR DANCERS
AND
OPERATED BY DANCERS

For additional information about USDA or any of its programs, please contact:

Jim & Edythe Weber
Education/Publications Committee
1316 Middlebrook Dr
Liberty, MO 64068-1941

(816) 781-3598 E-mail: usda.education.publications@usda.org

The U.S. Handicapable Square Dance Conventions adhere to the Handicapable Call Lists established by Handilab, a group of Handicapable Callers. We use two lists, one is our Basic List, and is used to call to an open floor during the Convention. There are seventeen calls on this list. We also use our Advanced List when calling to a workshop or an advanced Floor.

We are listing both of these here for your benefit. If you or your club comes to the Convention, you dancers should be ready to dance the Basic List. If they wish to dance during an advanced session they will need to dance the Advanced List. The same rules apply to callers while calling to these types of sessions at the Convention.

Handilab Basic Square Dance List

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Bow (Partner, Corner) 2. Circle (Left, Right) 3. Forward Up And Back 4. Stars (Right, Left, Boys, Girls) 5. Star Promenade 6. Do-Sa-Do 7. Promenade (Couples, Single File, ½, Full) 8. Allemande Left 9. Right and Left Grand | <ol style="list-style-type: none"> 10. Swing 11. Allemande Right 12. Pass Thru 13. Courtesy Turn 14. Ladies Chain (Two, Four) 15. Roll Promenade 16. Right and Left Thru 17. California Twirl 18. Ladies Roll Away 1/2 Sashay 19. Ladies In, Men Sashay |
|--|---|

Handilab Advanced List

- | | |
|--|---|
| <ol style="list-style-type: none"> 20. Star Thru 21. Weave The Ring 22. U Turn Back 23. Chain Down The Line 24. Do Paso 25. Lead Right 26. Grand Square 27. Circle To A Line 28. Bend The Line 29. Walk Around The Corner 30. See Saw 31. Square Thru (2, 3, 4 Hands) 32. Dive Thru | <ol style="list-style-type: none"> 33. Wheel Around 34. Allemande Thar 35. Shoot The Star 36. Slip The Clutch 37. Box The Gnat 38. Right Hand Ocean Wave
(Hands Up At Shoulder Height) 39. Alamo Style Wave 40. Pass The Ocean 41. Swing Thru 42. Boys Run 43. Wheel and Deal 44. Flutter Wheel |
|--|---|

You may use any teaching order for the above list. This is the list of calls as of July 2006.