



Be well, stay cool...

Heat and moisture, combined with the stresses of prolonged sitting, can contribute to pressure injuries.

Cushions designed around immersion technologies (think air or gel-filled) are intended to conform completely to boney areas, thus sealing off the pelvis from significant air flow. This can cause the skin to be warmer, damp, and clammy. Moist skin is not healthy skin.

In contrast, Ride's cushion designs take an altogether different approach: holding the high-risk areas up and away from the surface of the cushion, creating space for air to flow between the skin and the cushion. These patented, skin-friendly interface designs make all the difference in helping to manage heat and moisture.

Learn more about ventilation [here](#).

The Aspen Ideas Festival

This year's version is free and online

Beginning this Sunday, June 28, the [Aspen Ideas Festival](#) hosts a robust daily lineup of speakers who will share fresh thinking across a spectrum of topics, reflecting the moment and offering ideas about future possibilities.

Spanning arts, science, the economy, diplomacy, democracy, and current events, speakers include: Anna Deavere Smith, Anthony Fauci, Madeleine Albright, Kai Fu Lee, Krista Tippett, David Byrne, Michael Eric Dyson, William McRaven, Maria Ressa, Brian Greene, Stacey Abrams, Lulu Miller, Erik Larsen, Bill Gates, and John McWhorter, for starters.



Tune in [here](#) daily at 7pm ET from June 28 – July 2. Streaming for free, Aspen Ideas is available to anyone, anywhere. [Register now](#) to receive program updates and reminders for the Festival.

**“In the middle of every difficulty
lies opportunity.”**

– [Albert Einstein](#)

Fun Finds / Resources

• **Want to get involved with voter registration** in US? Digital organizing allows for accessible and effective outreach during COVID-19. Learn how you can engage on social

media and help organize online voter registration and education during National Disability Voter Registration Week July 13-17 at aapd.com/ndvrw.

• **Despite the fact that re-opening is actively happening, we all wish we had more answers...** "One thing that hasn't changed from the start of the pandemic is that people with disabilities or chronic illnesses, including a great many elderly people, are still at much greater risk of catching Covid-19 and becoming seriously ill... That gives us all the reason we need to be worrywarts and killjoys, and ask the difficult questions we can't stop thinking about." Worth a read, [here](#), by Andrew Pulrang in Forbes magazine.

• **Free online chair yoga classes:** Join the "Impossible Dream" catamaran, from the waters of Biscayne Bay, every Monday and Thursday at 4pm ET for a free Chair Yoga class on [Facebook Live](#). All previous yoga classes can be found on the Impossible Dream [YouTube](#) channel. Enjoy the views, stretch, and clear your mind!



Thanks for reading,
Your friends at Ride Designs



P.S. If you somehow missed the last newsletter... the most-viewed item was about Ride's new, softer Custom Cushion option: the Custom AccuSoft Cushion. Learn all about it [here](#).

[Visit our website](#)

Follow us on your favorite social media platform:

