
Cold weather concerns

Studies show that people who use wheelchairs often decrease their community participation in cold weather because of environmental and equipment barriers.

Don't let your cushion become an excuse for not getting out. Ride's wheelchair seating cushions perform consistently even when exposed to extreme temperatures. Read about a temperature and pressure demonstration done with the Ride Forward Cushion [here](#). And learn about how Ride cushions manage heat and moisture when you're inside by the fire [here](#).



What's all this about journaling?

Have you experimented with journaling in some form, whether written or recorded?

"Keeping a journal, according to Dr. Pennebaker, helps to organize an event in our mind, and make sense of trauma. When we do

that, our working memory improves, since our brains are freed from the enormously taxing job of processing that experience, and we sleep better. This in turn improves our immune system and our moods... we know it works."

Read the full New York Times article, [here](#).



"There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle."
— Albert Einstein

Fun Finds / Resources

- **See the USA...** Four of the best wheelchair accessible trails in the National Park system from National Geographic, [here](#).
- **Back to nature** and its rejuvenating power... [Why forests give you awe](#).
- **Politically inclined?** How to run for office if you have a disability... The National Council on Independent Living is starting to track disabled candidates and help train

them to run. More [here](#).

Thanks for reading,
Your friends at Ride Designs



P.S. If you somehow missed the last newsletter... the most-read story was about the fashion industry's move toward accessible fashion, highlighting Parsons' Open Style Lab... Watch the collaborative process of designing for specific needs play out [here](#).

[Visit our website](#)

Follow us on your favorite social media platform:

