

# HMD Alliance Newsletter

## EMPOWERING OURSELVES

As we approach another holiday season, we again face the twin challenges of shopping and socializing in environments that require lots of standing and walking. Our illustration below underscores one of the common trends these days – the disappearance of convenient parking. Is this happening in your community? If it is, please share with us how you are advocating on this issue and how the Alliance could be of help.

**Together we can make a difference!**

### Encourage New Members!

**We can advocate more effectively  
the larger our Alliance is.**

**Invite friends and family to join!**

## Enjoying the Holidays

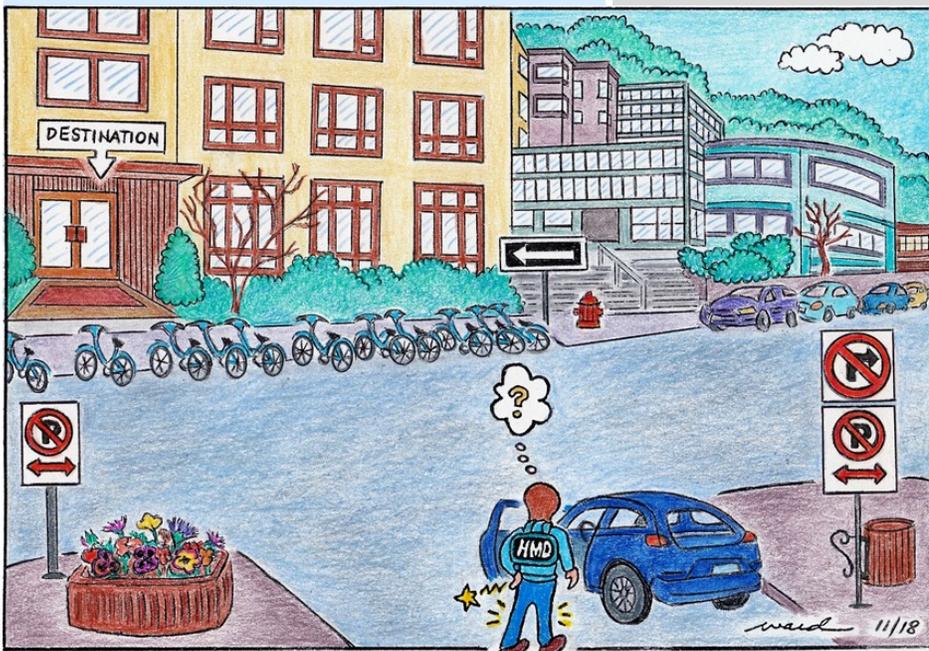
### Planning Ahead to Reduce Walking

If you normally use public transportation, think through how to avoid having to stand and wait (including ways to get a ride instead). If you are driving, parking may be a real challenge. Perhaps a friend could drive you and drop you off right where you need to go. Or investing in a taxi (provided they are plentiful) may save you hours of pain.

### Planning Ahead to Reduce Standing Time

There are two common situations where we may find ourselves having to stand more than is feasible. One is if we are shopping and are waiting for help or encounter long check-out lines. Consider taking seating with you in the form of a “sports cane” that opens out to a seat so that you don’t have to depend on places to sit down that may not exist. The other is the large group activities that occur during the holidays where people are expected to stand and mingle. If you need to sit down, try to choose a place where lots of people will pass by and you can easily talk with them.

**Plan ahead for maximum enjoyment!**



**I can't see anywhere  
to park!**

### Educate others!

Visual cues are excellent for self-advocacy & to educate others. Order [Hannah's HMD buttons](#).

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**12 Core Members  
95 Supporting Members**