"I am an idealist. I don't know where I'm going but I'm on my way."
Carl Sandburg

This ALERT functions as a vehicle of communication between the Alliance and its constituency. It is our goal to provide timely and useful material in a readable, easy access format. Feel free to send in your announcements, share your ideas or ask for help.

WISE WORDS: Gayle Heiss has written a travel book for anyone who has ever been sidetracked by chronic illness. She maps out various routes to finding meaning in life when feelings of vulnerability and powerlessness can frequently drive one to the brink of despair. Living Well with Chronic Illness is a simply stated, hopeful message about maintaining self-esteem and a healthy perspective while living with an illness. The author speaks from personal experience with her own chronic illness, Sjogren's Syndrome, an autoimmune, connective tissue disease. $2 per copy plus 60 cents postage from Gayle Heiss, P.O. Box 210, Mendocino, CA 95460.

SIBSHOPS: The Sibling Support Project, a MCH Program (Title V), has the singular goal of increasing the number of peer support and education programs throughout the US for brothers and sisters of children with special health and developmental needs. Project staff respond to requests for on-site training, demonstrations and technical assistance on implementing sibling programs. Staff also increase awareness of sibling issues through presentations to national and regional audiences. The Sibshop model was originally designed for children from 8 to 13, and can easily be adapted for older and younger children. Some activities provide parents with an opportunity to learn more about common concerns of brothers and sisters. For more information, contact Donald Meyer, Project Director, Sibling Support Project, Children's Hospital and Medical Center, 4800 Sand Point Way, NE, Seattle, WA 98105; telephone: 206/368-4911. Ask about SIBSHOPS: A Handbook for Implementing Workshops for Brothers and Sisters of Children with Special Needs (Meyer, Vadasy, and Fewell, University of Washington Press, Seattle, 1986).

RESEARCH IN GENETIC DISCRIMINATION: Paul Billings, M.D., Ph.D., is soliciting reports of cases in which chromosomal or genetic variation may have been a consideration in obtaining insurance (life or health), employment, educational resources, or other human services (legal, governmental or health). Any incident of possible discrimination is of interest. Affected individuals or others aware of possible examples are encouraged to contact Dr. Billings, Chief, Division of Genetic Medicine, California Pacific Medical Center, Box 7999, San Francisco, CA 94120; telephone: 415/923-3556.

SELF-HELP GROUP RESEARCHERS SOUGHT: The National Project for Self-Help Groups is developing a national network of academic researchers experienced or interested in working on self-help group research. To learn more or to receive the "Self-Help Horizons" newsletter, write to the National Project for Self-Help Groups, Module G, George Mason University, Fairfax, VA 22030.