

◆ THE DERBY CITY NSCIA NEWSLETTER ◆

AUGUST 2008

The Derby City Chapter of the National Spinal Cord Injury Association Network- Serving Kentuckiana.

Message From the President

Dear Members & Friends-

August's meeting will be held at Frazier Institute, 220 Abraham Flexner Way, 10th floor dining room, Louisville.

In lieu of our September meeting, the Chapter will host its annual picnic at Camp Crooked Creek. See September's issue for directions and details.

October's meeting will be held at Frazier Rehab Institute.

-David Allgood

KATLC ANNOUNCES LOWER INTEREST RATES FOR ASSISTIVE TECHNOLOGY

Kentucky Assistive Technology Loan Corporation (KATLC) will lower the interest rate it charges on loans for assistive technology from 5.5% to 4.5%. The new rate will be effective for the next two years. For more information call (877) 675-0195 or visit www.katlc.ky.gov



From the Courier-Journal June 17, 2008

A quadriplegic sailor set off on a journey around the British Isles yesterday in a boat she controls with her breath.

Hilary Lister, 36 set sail alone in her boat from Dover on the southeast coast of England, steering her specially adapted yacht by blowing and sucking on straws to adjust the sails and tiller.

DAY AT THE RACES WITH SAM SCHMIDT PARALYSIS FOUNDATION

**FRIDAY, AUGUST 8
KENTUCKY SPEEDWAY
CREDENTIAL LOT
400 BUTTERMILK PIKE
FT. MITCHELL, KY 41017**

ACTIVITIES:

- ◇ A full day of track activities/auto racing
- ◇ Lunch with Sam Schmidt
- ◇ Autograph/photo session with Sam Schmidt motorsports team
- ◇ Private VIP autograph/photo session with 2008 Indy 500 driver Alex Lloyd and Sam Schmidt
- ◇ Garage and pit tours/access for the day

FREE HATS, FREE T-SHIRTS, FREE BACKPACKS & REFRESHMENTS

EVENT IS FREE. SPACES LIMITED/RESERVED ON A FIRST COME FIRST SERVED BASIS. (60 TICKETS/20 PARKING SPACES. SCI ATTENDEES ARE LIMITED TO ONE GUEST).

**RSVP TO AMBER POTIER AT
(317) 796-0537/amber@umponline.com
BY AUG 4, 2008**

Table of Contents

President's Message.....	1
Announcements.....	1
Accessible Taxicabs.....	2
Calendar.....	3
Personal for Doctor.....	4
For Sale.....	5

Derby City Area Chapter
of the
National Spinal Cord Injury Association

ABOUT THE ORGANIZATION

The Derby City Area Chapter of the N.S.C.I.A. is a membership organization for individuals with spinal cord injuries, their families, and health professionals. Founded in 1984 as a Charter Member of the N.S.C.I.A., it was incorporated under IRS Section 501 (c) 3 as a not for profit organization. The Board of Directors consists of the Officers, Past President and the Board Members At Large.

OFFICERS

PRESIDENT

David Allgood - (502) 589-6620

VICE PRESIDENT

Adam Ford - (502) 425-2206

TREASURER

Tom Stokes- (502) 957-5865

LIAISON TO FRAZIER REHAB INSTITUTE

Jill Farmer , CTRS—(502) 582-7618

FUNDRAISING CHAIR

Betty Perry—(502) 647-0368

CORRESPONDING SECRETARY/WEB MASTER

Michael Feger- (502) 647-0368

PAST PRESIDENT

Adam Ford- (502) 425-2206

BOARD MEMBERS AT LARGE-

Mike Perry

Kelly Young

**NSCIA DERBY CITY CHAPTER
NEWSLETTER STAFF**

Editor- Barbara Davis

Contributor- David Allgood

Visit Our Website at

www.DerbyCitySpinalCord.org

**The Derby City Area Chapter Newsletter is brought
to you through the generous support of Frazier
Rehab Institute**

**ACCESSIBLE TAXICABS WILL BE AVAILABLE
TO WHEELCHAIR USERS FOR FIRST TIME**

The National Capitol Region Transportation Planning Board (TPB) approved funding to bring wheelchair accessible taxicabs to the District of Columbia for the first time. The approval of funding is based on the collaborative efforts and support from the DC Taxicab Commission and the DC Office of Disability Rights.

Presently, wheelchair users cannot rely on the 5,700 taxis available in the District because none have accessibility features, such as ramps or lifts, to allow passengers into the vehicles. With the new funding, three taxicab companies will provide a total of 21 wheelchair accessible taxicabs.

According to Eve Hill, Director of the DC Office of Disability Rights, “Residents and visitors in the District have been asking for wheelchair accessible taxicabs and now we will be able to meet that need. In a city that relies heavily on taxi service, these taxis will mean greater freedom for people with disabilities.”

Purchasing of these vehicles is made possible under the New Freedom programs of the Federal Transit Administration (FTA). TPB will provide approximately \$1million in federal funding , matched by nearly \$200,000 in funding from the DC Taxicab Commission. Taxi companies of Yellow Cab of DC, Liberty Cab, and the Mohebbi Group will provide 7 accessible taxicabs each. A proposed centralized dispatch system will also be funded, allowing passengers needing a wheelchair accessible cab to call one number and the closest available cab will be dispatched.

“Providing accessible taxicab service to the citizens of the District of Columbia and its visitors is one of our top priorities,” expressed Leon J. Swain, Jr., Chairperson of the DC Taxicab Commission. Mr. Swain commended the actions of TPB as being “a real victory for DC and the entire region.”

Accessible taxicabs are anticipated to make their initial appearance in the District as early as January 2009.

If you are planning a trip to the DC area and would like more information, contact Eve Hill at (202) 724-7525.

For information on planning an accessible cruise trip, visit www.vacationstogo.com/ and sign up for their newsletter for passengers with special needs. You can also contact a cruise counselor (contact info is on web site) about any special needs during your trip.

Refrigerator Calendar

***2008**

AUGUST

4th - Elderly & Disabled Advisory Council Meeting.
Mon 1:00 p.m.; TARC; 1000 W. Broadway; Board Room.

18th - Derby City Chapter meeting; 6:30 p.m; Frazier Rehab Institute.
Mon 220 Abraham Flexner Way; Louisville; 10th floor dining room.

16th - Metro disAbility Coalition Meeting; 3:15 p.m.
Sat Urban County Government Center; Barrett Avenue; Louisville

SEPTEMBER

1st - Elderly & Disabled Advisory Council Meeting
Mon 1:00; TARC; 1000 W. Broadway; Board Room.

21st - Derby City Chapter annual picnic; 12p.m.; Camp Crooked Creek
Sun See details in next issue.

20th - Metro disAbility Coalition Meeting; 3:15 p.m.
Sat Urban County Government Center; Barrett Avenue; Louisville

**SEPTEMBER PICNIC
INFORMATION FORTHCOMING IN
FUTURE ISSUES**

For More Information Call
David Allgood at 502-589-6620

From the Internet—ed.

FOR THIS DOCTOR, IT'S PERSONAL

By Karen Garloch

Surrounded by doctors and nurses, the man in the hospital bed, paralyzed from his waist down, worried about his upcoming rehabilitation center.

Dr. Jesse Lieberman tried to reassure him. "There's life after injury," the young doctor said. "You can do all kinds of stuff."

Lieberman, who at 31 is finishing his third year of residency at Carolinas Medical Center, knows what he's talking about.

Five years ago, a spinal cord injury left him paralyzed from the shoulders down. Lieberman was a third-year medical student at Wake Forest University in February 2003 when he fell three stories from a balcony while helping a young neighbor who was locked out of her condo.

But he didn't let paralysis stop him from chasing his dream. As a patient at Carolinas Rehabilitation, next to CMC, he became friends with rehabilitation specialists who helped him realize he could still become a doctor. "I've wanted to be a doctor since I was a little kid," Lieberman said. "It was going to take much more than this to stop me."

In August, he'll move to Pittsburgh with his wife, Michelle, and their 5-month-old twins. There, Lieberman will do a year-long fellowship in spinal cord injuries before returning to Charlotte as a full-time physician at Carolinas Rehab.

Despite his disability—or maybe because of it—Lieberman's colleagues say he's already an exceptional doctor. "He has experience he can share with patients," said Dr. Patti Shannon, one of his residency supervisors. "He knows what it's like to be in their situation. It's hard to look at Jesse and say, "I can't."

A California native, Lieberman moved to Charlotte with his family when he was 15. With his eye on a medical degree, he focused on science courses at Providence High School and got a zoology degree from NC State in 1999.

As a college student, Lieberman discovered bodybuilding. At 5'8"/217 pounds, he could squat 455 pounds in sets of 10. He was preparing for the Mr. North Carolina bodybuilding contest.

Then on February 15, 2003, he went for a walk with his dogs just before midnight. In the stairwell outside the Winston-Salem condo he shared with his fiancée, Lieberman ran into a neighbor who had locked herself out. The door to her balcony was unlocked, she told him, so Lieberman offered to climb down from his third floor balcony to let her in.

He was outside the railing and hanging on when it broke in his hands. He fell backward. His feet hit the neighbor's balcony below and flipped him upside down. He landed on his head on the concrete sidewalk. The injury to his upper spinal cord left his arms and legs paralyzed.

Lieberman was in a Winston-Salem hospital for two weeks, and then in Carolinas Rehab, where he was encouraged to take a year off from medical school to recuperate. Lieberman declined. Ten weeks after his accident he was back in school, using a motorized wheelchair, and with lots of help from Michelle, his fiancée, who is an occupational therapist. He graduated with his class on May 17, 2004. He and Michelle got married on May 22 at Temple Beth El in Charlotte.

That July he started his first year of residency, in internal medicine, at East Carolina University. The teaching hospital, Pitt County Memorial, hired a nurse practitioner to be with him during the day. Friends and relatives raised money to pay for assistants who helped him at other times.

After one year at ECU, Lieberman moved to Charlotte to enter the residency program in physical medicine and rehabilitation at CMC and Carolinas Rehab. Without the use of his hands, Lieberman relied on others to do physical exams of patients. But he did the rest—medical history, exam, diagnosis, treatment—by using his calm voice and careful observation.

Lieberman will complete his training in August, about two months later than his peers. He's making up for time lost when he was treated for skin breakdown, a common problem for spinal cord injury patients who can't adjust themselves in chairs and in bed.

Each moment when Lieberman wakes up, he remembers he can't get out of bed, and he mourns his loss of mobility once again. But then, when the certified nurse assistant arrives to get him ready for work, he moves ahead.

Early on, he blamed himself for his mistake, for even having tried to climb from one balcony to the next. But others reminded him he was just trying to help someone else. It was what they would have expected of him.

Pragmatic and serious, he refused to let grief take over. He focused on the positives: his brain wasn't damaged in the fall; Michelle stuck with him; he could still be a doctor; he retained some movement in his biceps and shoulders.

He has enough strength to move his arms, to push his hands against the joystick to control his wheelchair.

IT'S PERSONAL, CONT'D

But he can't move his hands. At rest, his fingers curl toward his palm in a half-fist. With the help of a wrist splint and special dinnerware, he can feed himself if someone puts his food on the table and cuts it up. He can brush his teeth if someone puts toothpaste on the toothbrush.

Each morning, Michelle Lieberman packs her husbands lunch and prepares his breakfast while she feeds the twins. The nurse assistant drives Lieberman to work.

"This isn't easy, but we do it," Michelle Lieberman said. "He'll say he would not be here without me. I agree. But I think I handle it better than most because I'm an occupational therapist. To me, everything is adaptable."

At Carolinas Medical Center, Lieberman's independence depends on another nurse assistant, Patti Aykroid.

"She functions basically as my hands," Lieberman said. "She's not allowed to do physical exams, but she does everything else."

Aykroid writes notes as they make morning rounds. She grabs thick patient charts from the shelves, opens them to the right page and sets them on his wheelchair tray.

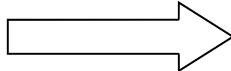
Before he enters a patient's room, she squirts a dollop of white foam cleanser from the wall dispenser and rubs it over his hands. When it's time for his mid-morning protein shake, she pulls a plastic jug out of a lunch box hanging on the back of his chair. He balances it between his wrists and drinks from a straw.

Aykroid and Lieberman have been together for about a year and a half. She knows when to stand back and when to step up. As he puts his wheelchair in reverse to back out of one of the patient's rooms, she reached out gently—"Hang on, Jess—to keep him from running into a passing cart.

"I've been doing this for five years," Lieberman said. "I'm used to being in the way."

On the trauma floors at CMC, room after room is occupied by 20-something males who have suffered brain and spinal cord injuries in accidents. In that setting, Lieberman and his whirring wheelchair don't draw special notice.

(Continued Beneath For Sale)



FOR SALE ***

93" E150; EZ Lock WC System Elec. w/Quantum 600 wc/swivel captain's chairs/3-way power driver's seat/remote start burglar alarm/front-rear air/power wc lift/new upholstery. \$11,000, negotiable. (502) 543-5948/(502) 773-2337. WC Lift; \$1,000; Invacare Storm TDX 3 Power WC; full reclining; less than 1 year old; \$1000; Call David 589-6620. NC topper; used; 3 E&J Manual chairs; used; 1 Quicksilver Action manual chair; Monarch hand controls. 93,000 miles. Price negotiable. Call Ruth @ 239-9754 after 5 p.m.

***Cookbooks for Sale:** Recipes compiled by Chapter members; \$10:00. Call David @ 589-6620.

***Video tapes for sale.** Various topics related to spinal cord injuries. Call David Allgood or Buddy Lawson.

* **SCI -Shirts for sale.** S, M, L, XL. David—589-6620.

****If assistance is needed to pay for any of the above items, contact Kentucky Assistive Technology Loan Corporation at 1-800-327-5287 for information on loans at 5% interest to qualified individuals.*

PERSONAL, CONT'D

He's part of the circle of doctors who regularly discuss cases in the hallway. Some stop to admire pictures of his twins displayed on his wheelchair tray. Patients recognize him and seek his advice.

"Jesse, when you use that power chair, how do you grip it?" asks Joey West, lying in bed with his neck in a brace.

The 23-year-old Charlotte man has been unable to move his arms and legs since June 9 when his Jeep flipped over 5 times.

Lieberman demonstrated his technique. "You'll be able to do everything," he said. "I'll come to see you every day over there."

"Awesome," West said.

Using his shoulder and biceps, the young doctor reached for the joystick and inched his chair closer to the bed. Slowly, he lifted his arm. He curled his fingers toward the patient. West slowly lifted his own shoulder and arm until their hands touched. A fist bump—or as close to one as they could get. Then, Lieberman backed up and rolled down the hall to see the next patient.



SEE YOU AT SEPTEMBER'S PICNIC!

You are cordially invited to join us!

The Derby City Chapter of the National Spinal Cord Injury Association consists of people with spinal cord injuries and similar physical conditions, their family members, friends, and professionals or other interested parties.

We meet:

WHEN- Third Monday of every month from 6:30 to 9:00 PM

*WHERE- Frazier Rehab Institute, 10th floor Dining Room
220 Abraham Flexner Way, Louisville, KY 40202*

If you wish to be a member, donor, and/or be on the mailing list of the Derby City Chapter of the National Spinal Cord Injury Association please complete and mail the following form to the address below

National Spinal Cord Injury Association

Derby City Chapter

Membership & Organization Sponsorship Form

Name: Mr./Mrs./Ms./Dr. _____ Date _____
 Address: _____ Apt.# _____
 City/State/Zip: _____
 Business (if any): _____
 Home Phone:() _____ Work Phone:() _____
 Date of Birth _____
 Para: _____ Quad _____ Hemiplegic: _____
 Level of Disability _____ Other Disability _____
 Able-Bodied(yes/no): _____
 New Member: _____ Renewal _____ Newsletter Subscription
 (only \$12): _____

Special Interests /Hobbies/Sports: _____

Membership is open to all individuals and sponsorship to all organizations interested in spinal cord injury.

Mark Type of TAX DEDUCTIBLE Individual Membership or Organization Donor Category Desired***

- | | |
|------------------------------------|--|
| _____ Regular-\$12 | _____ Bronze Organization-\$100-249 |
| _____ Sponsor-\$25 | _____ Silver Organization-\$250-499 |
| _____ Patron \$50 | _____ Gold Organization- \$500-999 |
| _____ Benefactor-\$100 | _____ Platinum Organization-\$1000-2499 |
| _____ Permanent- \$1000/lifetime** | _____ Diamond Organization-\$2500 Or Over. |

Please make checks payable to: **NSCIA Derby City Chapter**
David Allgood
6703 Triangle Drive
Louisville, KY. 40214