

◆ THE DERBY CITY NSCIA NEWSLETTER ◆

DECEMBER 2009

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

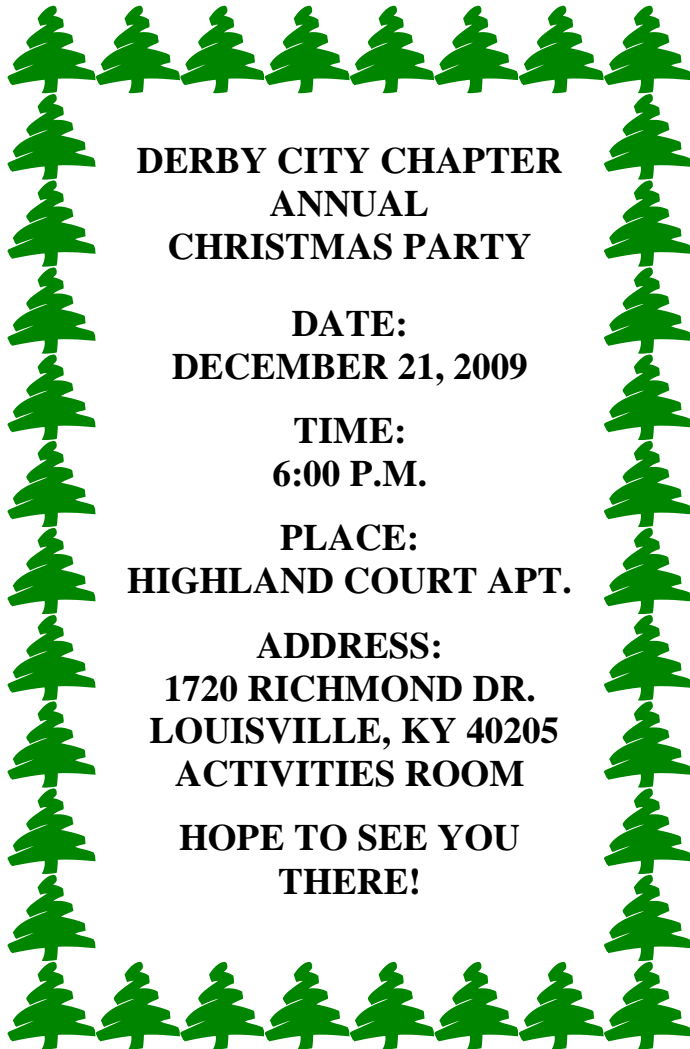
Message From the President

Dear Members & Friends-

Our annual Christmas party in December will be in lieu of the December meeting. See insert below for details.

There will NOT be a meeting in January. February's meeting will be held at Frazier Rehab Institute; 220 Abraham Flexner Way; Louisville; 11th floor, room number 1119.

- David Allgood



DERBY CITY CHAPTER ANNUAL CHRISTMAS PARTY

DATE:
DECEMBER 21, 2009

TIME:
6:00 P.M.

PLACE:
HIGHLAND COURT APT.

ADDRESS:
1720 RICHMOND DR.
LOUISVILLE, KY 40205
ACTIVITIES ROOM

HOPE TO SEE YOU
THERE!

The following is from NewMobility.com –ed.

THE ACCESSIBLE DREAM HOME

By Roxanne Furlong

Curb appeal, kitchens and baths. Ask any realtor and she will tell you those are the three things that sell a house -they're also the bane of any wheelchair user's home life. Until America gets on track with universal design, or what some call visitability or "aging in place" design, finding a home that suits our accessibility needs is nearly impossible - or at the very least requires expensive upgrades.

In search of our New Mobility Dream Home, we talked to several wheelers who built new, gutted an old home, or renovated an existing home to create an aesthetically pleasing, seamless showplace. Yes, stylish accessibility can be costly, but what's the harm in dreaming? Besides, there are plenty of low-or no-cost ideas that can help you create the home of your dreams.

While moving from Portland, Ore. to Boston and back to Seattle, Randy Earle and his wife, Leslie Haynes, learned just how inaccessible homes can be. Earle has a progressive neuromuscular condition, which causes him to use a wheelchair nearly full time. Unable to find an accessible apartment to rent in Seattle, the couple eventually purchased a 1,000-square-foot condo in a 1980's warehouse.

"We had actually rented an apartment that was being built," Haynes explains. "They were doing everything right - roll-under counters, an outdoor ramp to the elevator, it was beautiful and I was wowed by it! But as we pulled up to the building - with the moving truck 12 hours behind us - Randy said, "Where's the ramp?"

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Refrigerator Calendar **2009**

DECEMBER

- 7th - Elderly & Disabled Advisory Council Meeting.**
Mon 1:00 p.m.; TARC; 1000 W. Broadway; Board Room.
- 21st - Annual Christmas Party; 6:00 p.m. Party takes place of meeting.**
Mon Highland Court Apartments; 1720 Richmond Drive, Louisville, KY; party room
- 19th - Metro disAbility Coalition Meeting; 3:15 p.m.**
Sat Urban County Government Center; Barrett Avenue; Louisville

JANUARY 2010

- 4th - Elderly & Disabled Advisory Council Meeting**
Mon 1:00; TARC; 1000 W. Broadway; Board Room.
- 21st - NO MEETING in January. We will meet in February at the address below:**
Derby City Chapter, Spinal Cord Injury Asso.; Frazier Rehab Institute
Mon 220 Abraham Flexner Way; Louisville;, 11th floor, room number 1119
- 19th - Metro disAbility Coalition Meeting; 3:15 p.m.**
Sat Urban County Government Center; Barrett Avenue; Louisville

For More Information Call
David Allgood at 502-588-8574

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.

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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 DREAM HOME, CONT'D

Haynes checked with the rental office and was told they'd decided not to build a ramp; instead there was this cage around the corner. Nobody really knew how to operate it. You had to use a key to call the cage and there was a lot of beeping, like a moving truck backing up.

The couple searched again and found their potential dream condo in the Pioneer Square neighborhood of Seattle for \$400,000. They spent another \$130,000 for accessible upgrades and high-end kitchen and bath renovations, including a Fisher & Paykal double-dish drawer and other top-line appliances.

"It's definitely freeing to be able to do the dishes and not be completely tired...It's huge," Earle says. "Now I'm more of a partner for Leslie. I can do so many more things since the renovation, and I take great pride in being able to bring her toast, or for her to sit on the couch while I make dinner. It's definitely empowering because the space is actually on my side."

One of Earle's favorite features is hand rails installed along the kitchen counter and around the island. Both the island and the stove are on wheels. The railings appear to be a design feature, but Earle can use the bar to pull himself forward or stand at the counter, holding on for support. Hardwood flooring allows him to move freely throughout the entire living space, which only has doors at the entry and bathroom.

"You know how it can take forever to get food from the kitchen to the table?" he explains. "Now I can grab it and gracefully bring it right over, and if I forget something I don't have to swear and say, 'I forgot the freakin' ketchup!' Now, I'm less frustrated and have more patience and energy to focus on the stuff that's more important. This truly affects every part of my life."

Lawyer Joyce Gluksman and her husband David Markus lived in their Georgia home just outside of Atlanta for eight years before Gluksman went from using crutches to using a wheelchair in 2000. In 2002 they decided to gut their home to enlarge the media room, open up the kitchen and living room to a great room, and add some necessary wheelchair-friendly access features.

"The renovation was always on the horizon. It just became more important after I got the wheelchair," says Gluksman, who is 57 and has spina bifida. "We used one of the bedrooms as a media room, and my husband had to take my wheelchair out of the room after I transferred so we could both see the TV. The kitchen was pretty but not functional. I couldn't transfer a pot of water from the sink to the stove."

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ACCESSIBLE DREAM HOME, CONT'D

During the whole-house renovation, the kitchen was equipped with two sinks, one at the back wall and a small prep sink next to the cook top on the peninsula. The great room features a wall of windows and opens to a screened, three-season porch where Gluksman and her husband - who entertain a lot - can dine or sleep while overlooking their woody lot.

The renovation cost - \$450,000 - was more than the cost of the home. High-end beech wood kitchen cabinets feature slide-in doors with pullout shelves and inserts to hold spices and other non perishables.

"We had to redesign the kitchen twice," Gluksman says. The original dishwasher was right next to a corner-cupboard/lazy Susan where I keep my dishes so there was no place to sit or stand to empty the dishwasher. We installed it up off the floor and now I can get on one side of the dishwasher."

While living in the waterways of Tampa Bay, Florida, Rob and Stella Smith, owners and founders of Disabled Dealer magazine, needed to build a new home to accommodate Stella's newly widowed mother. They built their 2,200 square-foot accessible dream home - complete with Tiki bar and lanai - in 1999 with an attached 1,000 square foot, two-bedroom, two-bath guesthouse connected by a breezeway. At the time, their Apollo Beach home cost \$350,000 to build, and the lot was \$78,000. Lots are now selling for \$300,000 in the gated community.

To accommodate Rob's power chair, the Smith's built everything one level and installed recessed tracking for the sliding pocket doors from the dining room to the lanai. Getting to shoreline and into their pontoon is easy with a one-level, brick walkway and boatlift. Another favorite feature is a salon sink in their master bathroom so Rob can back up to the sink, tilt his chair and easily get his hair washed.

Rob, who's 53 and has a C-5 injury, says there's only one thing he'd do differently if they built again: "A bigger shower!" he says. "Stella stole that away from me because she has a big walk-in closet. My shower is probably 4 by 7 feet, but I'm about 6 foot 4. I'd like it to be like my old shower, which was 8 by 6 feet. You could turn around inside."

Rob initiated a portable Sure Hands lift that he can transport from his bedroom to the pool and his garage. "I can go cruising with my baby with the top down in our little Mercedes convertible if I want to. From my front door, I can cruise right out the back door all the



way to the pontoon," he says. "I hit the remote when we're in the water, and off we go out to Tampa Bay. I tell a lot of people if I had to give up everything I have right now to walk again, I'm staying put. This is my life and I love it."

Marilyn and Arnie Harms are lucky. They have a son who is a builder, had 80 acres of wooded land in Port Hope, Mich., and Marilyn knew exactly what she wanted in her new home, which took only two and a half months to build.

Harms, 65, has multiple sclerosis and was becoming weaker. She expected her condition to progress, so a couple of years ago she began scouring catalogs and books on access. She designed her home to not only allow her access, but to also be a part of the surrounding woods. The great room features a wall of windows and comfy recliners.

In the kitchen, her son installed a pullout mixer stand cupboard and a two-drawer waste cupboard for the avid baker and cook. She also loves to sew, so he built a large sewing closet in the family room. Outside, the home is sided and roofed to blend into the woods. Stepless entries provide easy roll-in entrances.

"When our cement guy finished our barn, I told him, 'Next year when we build the house, I'm not going to have any steps,' she says. 'The ground can come up to the house.' He looked at me like I was crazy, but we did it!"

Gordon Mansfield - former deputy secretary of Veteran Affairs, and his wife, Linda, purchased a home on Chesapeake Bay as a weekend getaway from the hustle of D.C. The Mansfields used the 1986 home for one year to get a sense of how they wanted to renovate, which took nine months.

"We wanted an Arts and Crafts feel, and of course accessibility was our goal," says Linda. "But we wanted the ramping and other accessible aspects to be transparent."

"The ramps are integrated into the house. They don't scream out, 'Handicap ramp!'" Gordon says. "They're field stone, built into the design of the old house."

The Mansfields did the obvious in the master bathroom; a lowered sink, roll-in shower with a built-in tiled transfer bench and a handheld showerhead. In the kitchen they added double wall ovens, lowered, so Gordon, 67, can access the bottom oven - and mounted the microwave below the countertop. Pullout shelves sans doors are used for everyday dishes and glassware, so anybody can empty the dishwasher, and the cook top features front knobs for easy, safe access.

Except for the honeycomb tile in the bathrooms and laundry, hardwood floors were installed throughout the house. Linda had their dining tables custom made with reclaimed wood; they feature taller legs and a raised apron so Gordon can easily roll under.

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ACCESSIBLE DREAM HOME, CONT'D

The outdoor crab shack has a wide, easy-access door and lowered interior shelving to clean crab and fish and to store equipment.

"We also added a deck to the back porch and put in a floating dock with attached ramp." Gordon says. "We will be moving here full time pretty soon."

Film maker Stan Clawson moved into his 1982 Salt Lake City condo in 2001; it didn't take long for him to realize how inaccessible his home was, especially in the kitchen.

"There wasn't even a running radius in there," Clawson explains. "The cupboards over a pass-through were lowered so I could reach them, but it cut off my view to the living room. Three or four people would cram in the kitchen while I was preparing for a party and it would get claustrophobic. Now, everybody can gather in my kitchen and I'm entertaining more."

In 2008 a friend offered to help him with redecorating, and after an inspirational trip to IKEA, Clawson got the renovation bug. Though he didn't use IKEA products, he did go with a contemporary design and hired a buddy to do the renovation, which included removing a kitchen wall and installing removable bamboo cupboards and granite countertops.

Carpet was removed throughout the space and replaced with stained concrete flooring, which Clawson says is much cheaper than replacing carpet or installing hardwood.

The kitchen sink and cook top are recessed below for roll-under access; the island doubles as a dining table.

"I cooked a little bit before, but I just enjoy the kitchen," he says. "Now I'm doing more cooking and entertaining."

"We installed an LG front-loading washer/dryer combo," he says. "The front load is totally wheelchair accessible and you just throw your clothes in and let it go. I'm really bust now and I don't have to hang around to transfer the wet clothes to the dryer."

The best thing about his renovation, Clawson says, is the concrete floor. "I remember after a couple of surgeries, rolling around on the cushy carpet was impossible," he says. "Or trying to carry something on your lap, the friction was really bad. Now it's just a light push and I'm across the room."

Clawson's overall renovation costs were relatively inexpensive compared to some of the dream homes described earlier.

**FOR SALE *****

2004 Buick Rendezvous CX, Gold Sport Utility 4D, AWD; 52,953 mi; seats 5—rear compartment contains Sonic scooter Bruno lift; new battery; numerous special features. \$8,800. Call Bryan Fantoni at 502-644-4446 or email at Bryan.Fantoni@mozlaw.com.

Easy Stand Glider 600; like new—barely used; allows transfer, stand and glider movement of legs. Paid \$6,000. Will sell for \$3,000. Call Shirley at 502/228-1271.

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 588-8574.** **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 @ 585-8574.

***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.*



Season's Greetings

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**

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