❖THE DERBY CITY NSCIA NEWSLETTER❖

FEBRUARY 2008

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

Message From the President

Dear Members & Friends-

THIS MONTH'S MEETING IS CANCELED.

March's meeting is at Frazier Rehab Institute, 220 Abraham Flexner Way, Louisville, 10th floor dining room, at 6:30 p.m. Refreshments provided.

-David Allgood

FREE INTERACTIVE DANCE CLASS
AXIS DANCE COMPANY
FEBRUARY 21, 2008
1:00 P.M.—2:30 P.M.
PORTLAND NEIGHBORHOOD HOUSE
201 N. 25TH STREET
LOUISVILLE, KY 40212
(502) 774-2322

FOR MORE INFORMATION CONTACT JULIA YOUNGBLOOD
(502) 562-0754
jyoungblood@kentuckycenter.org

About Axis: (www.axisdance.org)

Exploring the limitations of the physical and unlimited exuberance of the spirit—Axis brings dancers with and without disabilities to the stage in an unforgettable expression of what it means to be human.

The following articles are from the Internet –ed

SPINAL CORD RESEARCH MOVING FORWARD IN 2008
By Ryan Watzel

Since it's co-founding in 1985 by Dr. Barth A. Green and three families affected by spinal-cord injuries, The Miami Project to Cure Paralysis at the Miller School of Medicine has enjoyed a legacy of scientific and social developments.

In 2004, The Miami Project published a breakthrough article regarding dramatic improvement in animal models of spinal-cord injury, utilizing a combination of cells and drugs.

Now, they are trying to bring a treatment using Schwann cells, or cells particular to the peripheral nervous system that separate and insulate nerve cells, to clinical trial. This requires an FDA approved application and extensive process for approval, but could be a major advancement in spinal-cord injury research.

Scientific Director for the Miami Project Dr. W. Dalton Dietrich is working to coordinate faculty members with consultants from the FDA.

"Approval is being sought, and hopefully will be attained, from the FDA to begin phase one of trials and to begin clinical transformation," says Maria Amador, director of education for The Miami Project. "The hope is to get approval by the end of 2008."

One of the project's major goals is to use neurobiological science on a fundamental level and to apply these

(Continued On Page Two)

Table of Contents

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

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

SCI RESEARCH, CONT'D

findings on a clinical level. While the project is focused on spinal-cord injury, its developments can also carry over to other neurological disorders.

For example, the study of remyelination of cells can potentially impact multiple sclerosis research. Multiple sclerosis is a neurodegenerative disease that affects muscle movements, coordination and balance, and has numerous symptoms, including spasms, problems in speech and vision problems.

Nationwide, several other medical facilities are initiating their own spinal-cord research using The Miami Project as a guide.

Dietrich said that research centers at the University of Louisville, University of Kentucky, The Ohio State University and University of California, Irvine, are developing large SCI research centers.

"Some of these new centers have used the organizational framework of The Miami Project," Dietrich said. "We are also very involved with training the next generation of scientists to continue this important work. These are truly exiting times."

LIFE IS EASIER IN WINTER IF YOU……

- Laugh more. It lessens depression and makes your body feel warmer.
- Take advantage of technology when winter stiffness and aches make every day tasks difficult.
- Be aware that cold weather can cause muscle pain and weakness in SCI. Plan your activities accordingly.
- Remember that the body needs extra water in extreme cold just as it does in extreme heat.
- To prevent SADS, increase indoor lighting when possible.
- Fantasize about being someplace warm.

Refrigerator Calendar
2008

FEBRUARY

2, 9, 16, 23 Wheelchair Fencing Practice, Louisville Fencing Center, 1401 Muhammad Ali Blvd.
Every Sat. **10:00a.m.-12:00p.m.; For more info. contact the Louisville Fencing Center at 502-540-5004; Visit their website at www.louisvillefencing.org**

4, 11, 18, 25 Wheelchair Basketball Practice, Kentucky School for the Blind, Louisville; 6:00-8:00p.m.;
Every Mon **For more information contact Metro Parks Adapted Leisure Activities at 502-456-8148**

5, 12, 19, 26 Wheelchair Basketball Team Practice, Portland Community Center, Louisville; 6:30-8:30p.m
Every Tues **For more information contact Jill Farmer at 502-582-761 or Metro Parks Adapted Leisure**

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

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

16 & 17th USTA Collegiate Regional Wheelchair Tennis Tournament; Bellarmine University;
Sat/Sun Competition begins at 8:00 each day. For more info. call Jill Farmer at 502-582-7618

18th - FEBRUARY'S DERBY CITY CHAPTER MEETING IS CANCELED.
Mon MARCH MEETING WILL RESUME AS USUAL.

25th - Youth Employment Day Workshop & Job Fair; 2:30 p.m.—6:00 p.m.; Center for Accessible
Mon Living; 305 W. Broadway, Louisville; Free Admission; Geared toward youth 15-25 with disabilities but all interested parties welcome. RSVP Barb Davis—(502) 589-6620

MARCH

1, 8, 15, 22, 29 Wheelchair Fencing Practice, Louisville Fencing Center, 1401 Muhammad Ali Blvd.
Every Sat. **10:00a.m.-12:00p.m.; For more info. contact the Louisville Fencing Center at 502-540-5004; Visit their website at www.louisvillefencing.org**

3, 10, 17, 24, 31 Wheelchair Basketball Practice, Kentucky School for the Blind, Louisville; 6:00-8:00p.m.;
Every Mon **For more information contact Metro Parks Adapted Leisure Activities at 502-456-8148**

4, 11, 18, 25 Wheelchair Basketball Team Practice, Portland Community Center, Louisville; 6:30-8:30p.m
Every Tues **For more information contact Jill Farmer at 502-582-761 or Metro Parks Adapted Leisure**

3rd - Elderly & Disabled Advisory Council Meeting
Mon 1:00; TARC; 1000 W. Broadway; Board Room.

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

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

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

SCIENTISTS RESTORE WALKING IN MICE AFTER SPINAL CORD INJURY

Spinal cord damage blocks the routes that the brain uses to send messages to the nerve cells that control walking. Until now, doctors believed that the only way for injured patients to walk again was to re-grow the long nerve highways that link the brain and base of the spinal cord. For the first time, a UCLA study shows that the central nervous system can re-organize itself and follow new pathways to restore the cellular communication required for movement.

The discovery could lead to new therapies for the estimated 250,000 Americans who suffer from traumatic spinal cord injuries. An additional 10,000 cases occur each year, according to the Christopher and Dana Reed Foundation, who helped fund the UCLA study.

"Imagine the long nerve fibers that run between the cells in the brain and lower spinal cord as major freeways," explained Dr. Michael Sofroniew, lead author and professor of neurobiology at the David Geffen School of Medicine at UCLA. "When there's a traffic accident on the freeway, what do drivers do? They take shorter surface streets. These detours aren't as fast or direct, but still allow drivers to reach their destination.

"We saw something similar in our research," he added. "When spinal cord damage blocked direct signals from the brain, under certain conditions the messages were able to make detours around the injury. The message would follow a series of shorter connections to deliver the brain's command to move the legs."

Using a mouse model, Sofroniew and his colleagues blocked half of the long nerve fibers in different places and at different times on each side of the spinal cord. They left untouched the spinal cord's center, which contains a connected center of the spinal cord's pathways. The latter convey information over short distances up and down the spinal cord.

What they discovered surprised them.

"We were excited to see that most of the mice regained the ability to control their legs within eight weeks," said Sofroniew. "They walked more slowly and less confidently than before their injury, but still recovered mobility."

When the researchers blocked the short nerve pathways in the center of the spinal cord, the regained function disappeared, returning the animal's paralysis. This step confirmed that the nervous system had rerouted from the brain to the spinal cord via the shorter pathways, and that these nerve cells were critical to the animal's recovery.

"When I was a medical student, my professors taught that the brain and spinal cord were hard-wired at birth and could not adapt to damage. Severe injury to the spinal cord meant permanent paralysis," said Sofroniew.

"This pessimistic view has changed over my lifetime, and our findings add to a growing body of research that the nervous system can reorganize after injury," he added. "What we demonstrate here is that the body can use alternate nerve pathways to deliver instructions that control walking."

Researchers feel this discovery could lead to the development of new strategies for restoring mobility following spinal cord injury.

"Our study has identified cells that we can target to try to restore communication between the brain and spinal cord," explained Sofroniew. "If we can use existing nerve connections instead of attempting to rebuild the nervous system the way it existed before injury, our job of repairing spinal cord damage will become much easier."

Spinal cord injury involves damage to the nerves enclosed within the spinal canal; most injuries result from trauma to the vertebral column. This affects the brain's ability to send and receive messages below the injury site to the systems that control breathing, movement and digestion. Patients generally experience greater paralysis when injury strikes higher in the spinal column.

The full research is published in the January edition of Nature Medicine. Sofroniew's coauthors included Gregoire Cortine, Dr. Bingbing Song, Roland Roy, Huy Zhong, Julia Hermann, Dr. Yan Ao, Jinwei Qi and Reggie Edgerton, all of UCLA.

The UCLA study was supported by grants from the National Institute of Neurological Disease and Stroke, the Adelson Medical Foundation, the Roman Reed Spinal Cord Injury Research Foundation of California and the Christopher and Dana Reeve Foundation.

REMEMBER FEBRUARY MEETING IS CANCELED!!

PVA'S 1ST VOCATIONAL REHABILITATION CENTER FOR VETERANS WITH SCI EXCEEDS EXPECTATIONS

Paralyzed Veterans of America's (PVA) first Vocational Employment Counseling Center for veterans with spinal cord injuries (SCI), which opened in July 2007 in partnership with Health Net Federal Services, LLC, the government operations division of Health Net, Inc. (NYSE-HNT), reports groundbreaking success.

The Center was opened in Richmond, Va., to reduce the unemployment rates of veterans with SCI by bridging the gap between this unique veteran population and the resources that can help them to unleash their potential and pursue opportunities for substantive, gainful employment. The center currently provides rehabilitative and vocational rehabilitation services to 74 veterans with SCI, seven of whom are now gainfully employed as a result of the Center's employment placement assistance.

"Health Net Federal Services is extremely pleased with the remarkable success of PVA's specialized rehabilitative counseling services for veterans with SCI," said Steve Tough, president, Health Net Federal Services. "We look forward to our continued partnership with PVA to extend this unique program and continue to promote an equitable quality of life for many more veterans with SCI."

"It is important for the SCI veteran to be able to return to a normal life, and a very important part of that is employment and the self-worth and personal satisfaction that come with it. The ongoing successes that we are seeing with this program and the fact that we have almost ten percent employed in less than six months is cause for celebration," said Randy L. Pieva, Sr., president, Paralyzed Veterans of America. "PVA looks for continued growth of this critical program and is grateful to Health Net for paving the way."

The success of the center is due to the design of the program, which allows vocational rehabilitation counselor, Rick Schiessler, the opportunity to meet with veterans easily and often during their medical rehabilitation. Shiessler is onsite at the Hunter Holmes McGuire Veterans Affairs Medical Center's Spinal Cord Injury Center, allowing him to develop a rapport with veterans and their family members. This face to face contact is important in successfully providing mental, emotional and psychological support during the rehabilitative process.

Developing interactive partnerships with local and worldwide employers interested in hiring veterans with SCI is critical to the center's success. To date, Schiessler has successfully reached out and marketed to hundreds of employers who are interested in hiring veterans with SCI . As a result of this program growth and success, PVA will look at expanding this specialized program to other locations. For more information, call the PVA Veterans Benefits Department at 1-800-424-8200.

FOR SALE ***

WC Lift; $1,700; **Invacare Storm TDX 3 Power WC;** full reclining**;** less than 1 year old; $1500; **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.**

***Shower Chair;** 2 yrs old, negotiable; **Invacare 900 Action Power Chair;** 4 yrs. Old; $600. **Call 448-5296.**

***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.

****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.*

S, M, L XL
$10

DON'T FORGET ABOUT OUR SHIRTS!!

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
_____Sponsor-$25
_____Patron $50
_____Benefactor-$100
_____Permanent- $1000/lifetime**

_____Bronze Organization-$100-249
_____Silver Organization-$250-499
_____Gold Organization- $500-999
_____Platinum Organization-$1000-2499
_____Diamond Organization-$2500 0r Over.

Please make checks payable to: **NSCIA Derby City Chapter**

David Allgood
6703 Triangle Drive
Louisville, KY. 40214