
◆ THE DERBY CITY NSCIA NEWSLETTER ◆

JANUARY 2004

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

Message From the President

Dear Members & Friends-

This month we will have elections for all positions. Anyone who is interested in running for a position needs to show up so that we can have some candidates. I hope that we can have a good turn out so that it will be reflective of the wishes of the entire chapter. Pizza and soft drinks will be provided.

The Christmas dinner was a nice success. We had about 25 people attend. As usual, we had an excellent meal prepared by Cheryl Stokes. We had a few new faces show up, which was nice. We stayed until after 9:00 p.m. socializing and having a good time. We look forward to doing this next year and hope to have an even larger turn out. The Chapter would like to thank Tom and Cheryl Stokes for all their hard work.

Next month's meeting will be held at Frazier Rehab, 4th floor dining room. Social hour 6:30; speaker at 7:00 p.m. Refreshments provided.

-Adam Ford



All articles are from Special Living, winter, 2003 - ed

COULD A 'SHRINK' HELP? By Stephanie T. Machell Ph.D.

Many people never see a psychologist, and the majority are quite certain they never want to! Even well informed people may assume that psychologists are like what they've seen on TV. They may expect that a "shrink" will make them lie down on a couch, ask them what sort of tree they would like to be, and blame their parents for anything that has ever happened to them. And even if they know this is not true... well... psychologists are for crazy people, right? Or...maybe the psychologists are the crazy people?

Many living with a disability feel distrust and/or discomfort in dealing with any medical provider and is done only when absolutely necessary. Unless emotional distress interferes with daily life to a high degree, seeing a psychologist is seldom considered a necessity.

This is unfortunate. When integrated into a complete treatment plan, psychological services can greatly enhance quality of life. For anyone living with chronic illness or physical disability, the connection between the body and the mind is a daily reality. Dealing psychologically with current problems or past issues that are causing stress will benefit physical health as well. Many psychological treatments now exist for chronic

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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 Center, 4th floor Dining Room
220 Abraham Flexner Way*

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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