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# ◆ THE DERBY CITY NSCIA NEWSLETTER ◆

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AUGUST 2009

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

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## Message From the President

*Dear Members & Friends-*

*There will not be a meeting in July. The August meeting will be held at Frazier Rehab Institute; 220 Abraham Flexner Way; Louisville; 11th floor, room number 1119.*

*- David Allgood*

## **HOME-BASED REHAB FOR SCI PATIENTS**

An Australian first study will test live online rehabilitation with video gaming to give spinal cord injury patients hope of regaining movement in their hands. The ReJoyce workstation is being used for the first time in Australia in tele-rehabilitation which allows patients to get real time physiotherapy over the internet.

The patient wears a glove that enables electrical impulses to stimulate the muscles in the hand to grasp and release, in the hope of sprouting new connections in the spinal cord and re-establishing hand function.

"It's possible that stimulating both the brain and the muscles in the hand could create new nerve growth in the spinal cord," says Professor Mary Galea, a researcher at Austin Health and the University of Melbourne, who is conducting the study. "The majority of spinal cord injury patients in Australia are young men between the ages of 16-35. Giving them home-based access to computer games as part of their rehabilitation is a great motivator for them to practice hand exercises," she says.

Austin Heath patient Gabriel Moraitis is the first person in Australia to have a ReJoyce workstation in his home. "I've noticed quite a bit of improvement already. The way I grip and grab things is a lot stronger and firmer. It's quite amazing to see your hand go from no movement at all to have it open and close."

"A lot of spinal cord injury patients live in rural areas. Even for people who live in the outer suburbs of Melbourne, traveling to rehab centers can be difficult," Professor Galea says. "The ReJoyce station enables access to rehabilitation without travel, and to gain independence.

*From OrlandoSentinel.com*

## **ENABLING OPPORTUNITY: LOCAL ADVOCATES ADOPT NATIONAL FOCUS IN HELPING DISABLED BUSINESS OWNERS SUCCEED**

By Sara K. Clarke

Pete Schoemann wants to build a bridge between the business and disabled communities. The Orlando attorney is part of both worlds: A partner in the law firm Broad and Cassel, he has two sons with autism. He founded the Chamber of Commerce for Persons with Disabilities Inc. two years ago and is now looking to expand the organization's regional focus to a national one.

The Chamber hopes to be an umbrella organization for groups across the US that promote the disabled community and help disabled entrepreneurs get businesses off the ground.

"Instead of pulling in all different directions, we're deciding to just pull together," Shoemann said.

Like more traditional chambers, the group wants to create a place to network. But it will also deal with issues that affect disabled entrepreneurs, such as changing federal contracting programs to include disability businesses.

The Chamber of Commerce teamed with the Center for Independent Living in Central Florida Inc. to create a locally focused chapter. The result of that effort, the Central Florida Disability Chamber, will promote local economic development as the Chamber of Commerce for Persons with Disabilities goes national.

Though being self-employed—and working on one's own terms—can be a perfect option for someone with a disability, entrepreneurs face the issue of preserving their disability benefits while getting their businesses off the ground.

"The end result is to get off Social Security disability,"

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# **Refrigerator Calendar**

## **\*2009**

### **JULY**

**6th - Elderly & Disabled Advisory Council Meeting.**  
**Mon 1:00 p.m.; TARC; 1000 W. Broadway; Board Room.**

**20th - NO MEETING.**  
**Mon**

**18th - Metro disAbility Coalition Meeting; 3:15 p.m.**  
**Sat Urban County Government Center; Barrett Avenue; Louisville**

### **AUGUST**

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

**17th - Derby City Chapter SCIA meeting; 6:30; Frazier Rehab Institute**  
**Mon 220 Abraham Flexner Way; Louisville; Room 1119.**

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

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

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**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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**VICE PRESIDENT**

Adam Ford - (502) 425-2206

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NEWSLETTER STAFF**

Editor- Barbara Davis

Contributor- David Allgood

Visit Our Website at

[www.DerbyCitySpinalCord.org](http://www.DerbyCitySpinalCord.org)

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

**ENABLING OPPORTUNITY, CONT'D**

said Rogue Gallart, president of the Central Florida Disability Chamber. "But while they're building their business, they may need services."

Robby Sedlak, who started a concrete-pumping business eight years ago, is working with the chamber to create a business plan that will map his company's strategy for growth.

"It's something that I want to do for myself," said Sedlak, 39, who has a spinal-cord injury and uses a wheelchair. "There's so many other open opportunities out there, and I just don't know how to get to them."

The chamber is already getting attention. Last week, when it cut the ribbon on its new home at the Disney Entrepreneur Center, about 120 people showed up in support. It's a sign that the group is getting noticed by everyone from the Florida Department of Education to the Governor's Office.

Cheryl Stone, board president for the Center for Independent Living in Central Florida, said she expects Orlando's efforts will be a model for other cities.

"Having this as an option...helps people with a disability achieve that all-important word to us, which is inclusion," Stone said.



## DISABOOM LAUNCHES DISABILITY ORGANIZATIONS DIRECTORY

Disaboom, Inc., the leading online resource for people with disabilities, today announced the release of its online Disability Organizations Directory.

Disaboom's extensive directory identifies over 450 organizations that provide disability services, the bulk of which are nonprofits, government agencies, and education services. The directory ranges from organizations on the local level to the international level.

"All disability organizations, whatever their size and reach, exist for one unifying purpose. To help people with disabilities," states Kim Dority, Vice President of Content and Strategy, "Our goal was to create a comprehensive disability resource for the community where anyone could easily locate the organizations that suit their specific needs."

The organizations directory is divided into three main categories: Major Disability Organizations, Disability-Specific Organizations and Organizations for Living with Disabilities.

Major Disability Organizations includes the all-encompassing national organizations like the American Association of People with Disabilities (AAPD) and American Association of Health and Disability (AAHD).

The Disability-Specific Organizations section focuses on organizations (within 22 categories) that are geared toward a specific condition, from autism to fibromyalgia to multiple sclerosis.

The final section, Organizations for Living with Disabilities, includes associations that cover all the ins and outs of everyday life, from organizations that help participants learn to play adaptive sports to those that will make the transition as a college student with disabilities a little easier. This section's 20 subcategories include assistive technology, ADA, baby boomers, and disabled veterans, among others.

Each entry's listing contains brief information about the organization, its mission and services, and a link to the organization's website. The Disaboom research team will continue to add new organizations on a regular basis.

"We hope that this directory, in addition to our Disability Scholarships Directory, will prove to be highly useful to the Disaboom community and to people with disabilities at large," notes Dority.

Disaboom, Inc. was founded as a dynamic, diverse and interactive online community dedicated to constantly improving the way people with disabilities or functional limitations live their lives. It also serves as a comprehensive online resource for families, friends,

caregivers, recreational providers, and employers. More than 54 million American adults live with disabilities or functional limitations today in the United States alone. Founded and designed by doctors and fellow disaboomers to meet this community's special needs, [www.disaboom.com](http://www.disaboom.com) brings together content and tools, ranging from specialized health information to social networking to daily living resources, in a single interactive site.

For more information on the online directory, visit [www.disaboom.com](http://www.disaboom.com).

## QUADRIPLEGIC HONORED FOR ACTIVE LIFESTYLE

Kaspar Shouldice has the ability to turn mountains into mole hills. Thirty seconds after meeting him, it's easy to see why. "Many people who hear about my accident see it as a devastating tragedy and expect me to be depressed or angry," he says. "In my situation, it couldn't be further from the truth."

Shouldice is studying sciences with a goal to major in biology and psychology. "I want to get into the study of a combination of those two. Neuroscience relates to my injury, a central nervous system injury, and I want to get into experimental psychology."

An outdoor enthusiast while growing up, Shouldice was an avid rock climber and back country skier. But a 2007 diving accident during a vacation in Viet Nam left him a quadriplegic. Last year he relocated to Victoria specifically to take advantage of the PATH (Performance Activation Training Healing) Spinal Cord Injury group gym on Johnson Street. Pushing against the resistant weights on one of the specifically modified machines at PATH, Shouldice explains how he's traded rock climbing for gliding (unpowered aircraft) skiing for sit skiing. That resilience is why he was selected to receive \$5,000 for making a determined effort to regain his independence.

"I spend a lot of time working out here, keeping fit," he says. Upon his return from Vietnam, Shouldice spent 5 months of 2008 recovering at G.F. Strong Center in Vancouver. His C8 spinal cord injury leaves him with limited finger control. However, he still has the ability to wheel his chair down the court, ball in hand, to score a point in wheelchair rugby, a favorite sport of his, also known as murderball.

"It's a good sport and the thing about it is it's the only wheelchair sport solely for quadriplegics. " And with the air getting warmer, Shouldice is eager to make it up to Port Albemi where he can continue his gliding lessons. "It's my goal to get the gliding license and one day do the aerials, flips and barrel rolls," he said.

**(Continued On Page Five)**

### QUADRIPLEGIC, CONT'D

In the time leading up to his accident, Shouldice spent 2 1/2 months rock climbing in Thailand before traveling through Laos and on to northern Vietnam. He volunteered in a place called Vietnam Friendship Village, a place set up for kids with mental and physical disabilities due to agent orange, he said.

I'd heard about it when I was back in Nelson, and it was a really rewarding experience." He spent 2 weeks there working in the gardens during the day and playing with the kids at night and then, literally two days later, he headed south and that's when the accident happened. "It's ironic, in a sense, volunteering for people with disabilities, and then ending up one.

"Focusing on the present moment and planning for the future is what has enabled me to move on. Adapting what we are passionate about to fit with our current situation enables continuous growth."



**HAPPY FOURTH OF JULY!!!**

## 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](mailto: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 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.*



**STAY COOL!!!**

*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: \_\_\_\_\_

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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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