

◆ THE DERBY CITY NSCIA NEWSLETTER ◆

MARCH 2010

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

Message From the President

Dear Members & Friends-

Due to a weather-related cancelation of last month's meeting, March's meeting will be held at Frazier Rehab Institute; 220 Abraham Flexner Way; Louisville, in the 10th floor dining room. Dr. Susie Harkema and Karey McDowell will discuss an opportunity for individuals to participate in a study group for the Community Fitness and Wellness Program. This opportunity will provide participants with a six-month membership to the Community Fitness and Wellness Program.

There will NOT be a meeting in April.

- David Allgood

WE WONDER.....



A POWERFUL POWER CHAIR?



DIRECTIONALLY IMPAIRED SIGN PAINTER?



'NUFF SAID

From the Internet—ed

GUITARIST PLAYS BENEFIT FOR FELLOW SPINAL CORD INJURY VICTIMS

In 2004, Ryan "Gooch" Nelson, the slide guitarist for the band [61 North](#), suffered a [spinal cord injury](#) in a disastrous car accident. After six weeks of intensive rehabilitation, Nelson could play his guitar again. While still confined to a wheelchair, Nelson's is a success story that provides inspiration for many. On February 20, Nelson and his band played at the second annual benefit concert for spinal cord injury in Carney's Point, New Jersey.

The first benefit concert in October 2008 raised \$4,000, while the totals for this year's concert have not yet been reported. The money from the benefit will go to the Magee Rehabilitation Hospital in Philadelphia and the Adam Taliaferro Foundation. Nelson underwent his rehabilitation at the Magee Hospital after his accident in 2004. Brian LaPann, singer for 61 North, told NJ.com, "Part of 61 North's mission is giving back to the community in charities that we believe in. That is why we put together the 61 North Benefit Concert for Spinal Cord Injuries."



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Refrigerator Calendar

2010

MARCH

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

**15th
Mon** **Derby City Chapter, Spinal Cord Injury Association Meeting; 6:30 p.m.; Frazier
Rehab Institute, 220 Abraham Flexner Way; Louisville; 10th Floor Dining Rm.**
*Guest Speakers-Dr. Susan Harkema, PhD & Karey McDowell, MS, CTRS, CPT
will share information on a study group specific to fitness and wellness for individuals
with SCI. By participating in the study you could also receive a six-month membership
to the Frazier Community Fitness and Wellness Program.*

**22nd
Mon** **Metro disAbility Coalition Meeting; 3:15 p.m.**
Spalding University; 845 S. Third Street; Louisville

APRIL

**5th
Mon** **Elderly & Disabled Advisory Council Meeting**
1:00; TARC; 1000 W. Broadway; Board Room.

**19th
Mon** **NO Meeting In April**

**25th
Mon** **Metro disAbility Coalition Meeting; 3:15 p.m.**
Spalding University; 845 S. Third Street; 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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Visit Our Website at
www.DerbyCitySpinalCord.org

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brought to you through the generous support of
Frazier Rehab Institute**

The following is from NewMobilityMagazine.com

Dressed for Sitting

By Ellen Stohl

*Standing tall, so long and lean:
the fashion models in the magazine.
They're the best dressed people in this town,
but will I look as good sitting down?*

"How will it look on me?" This is the question everyone ponders as they wander through the pages of catalogs or in and out of shops at the mall. But for people who use wheelchairs, a different question is often harder to answer: "How will it look sitting down?"

In the '90s, Target addressed this question by featuring adults and children with disabilities in its sales circulars. Levi's has also used an occasional model with a disability, and Kohl's department store actually had a mannequin in a wheelchair. Nordstrom has repeatedly used models who are wheelchair users. One Nordstrom ad that featured a model in a wheelchair caused a bit of controversy when next to the seated model they showed an alternate view of the jeans on a standing body. Did the model really use a chair normally, and if so, was the ad really representative of clothes a wheelchair user would wear? (The model had on jeans with studded back pockets and a white blouse).

It turns out the model really was an authentic wheelchair user, but overall the clothing did seem impractical for someone who is seated all day. So what are wheelchair users to do? Trying on six or seven outfits in a dressing room is not a luxury most of us can afford. When I was younger, I'd have my girlfriend try on the clothes and then sit down with her stomach pushed out to mimic my body (I'm a low quad). But that was a timely endeavor, and often the clothes did not look the same on me. In the past I felt forced to either settle for easy access and fit that was so-so fashionwise or sacrifice comfort for a fashionable look, but after 26 years in a chair, I think I've finally found a happy medium.

Do wear foundation garments.

Everyone knows a solid foundation is the key to great architecture. Well, the same goes when constructing a great look. The bra, panties or body briefer you wear can make a big difference. If you wear undies or protective briefs, a body briefer that hooks at the crotch provides access for personal care and can hold, lift and separate problem areas. Use bra extenders to extend the crotch area to make it more comfortable and easier to hook. Do not use anything that snaps/hooks under your bum directly against your skin! Other alternatives are the control camisoles, waist slimmers or control slips. The slip is great because it has no crotch but can slide down around the hips to keep it

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DRESSED FOR SITTING, CONT'D

from rolling up when seated. A great variety of undergarments along with accessories like bra extenders can be found at www.bare necessities.com.

Do wear elastic waists.

For years the elastic waist lacked fashion pizzazz, but current styles are not only comfortable, they're hot. For women, Newport News — www.newport-news.com — has a line of clothing called Shape FX that enhances the figure with ease of function. The company's Control Palazzo Pants have a hidden built-in power mesh liner to tame the tummy and wide legs to balance out the hips. This line also has "Hold-you-in" pants, wide-leg pants, various leggings and several skirts with the essential elastic waist. Pair any of these sizzling bottoms with a stylish top and you have the perfect marriage of ease and elegance.

For men, Norm Thompson — www.normthompson.com - offers some pants with panache. Their Full-Elastic Twill Pants have an all-around elastic waist with a button closure that allows for a perfect fit that stays put during transfers but comes off easily when needed. Add one of Thompson's many urbane shirts and you're ready for the office or a casual cruise around town. If it gets chilly, the website offers several pullovers, like a two-toned sweatshirt that offers a sporty collar with an open V-neck — so it's easy to get on and looks great.

Do wear standard scoop or angled front pockets.

These are the types of pockets usually found on jeans, and they don't pucker up when sitting. The basic five-pocket jeans are nice, but sitting on pockets all day can be a pain in the butt, literally! The best jeans for women are Dream Jeans — www.dreamjeansonline.com. These jeans flatter the figure by instantly making a girl look five pounds thinner. Most pairs have no pockets in the back and sit at the natural waist, so you're fully covered and comfortable. There is also no tight waistband, so not only do you look great, but you feel good, too. These jeans tend to run a bit bigger than department store sizes, so buy one size smaller.

Along with the Dream Jeans, Norm Thompson also has a full line of Dream Pants for more sophisticated tastes. Both the jeans and pants look great with any top, so check out the chic fashion tops at Newport News and at Norm Thompson (see previously mentioned websites). Both sites offer a plethora of options that are stylish, affordable and fit for the chair.



Men should look for jeans with back pockets that have minimal stitching, or check out some of the specialized sites like www.AdaptationsByAdrian.com. This site offers a variety of adapted clothing products, such as Sitter Pants with a higher back and an easy-open hook. This company's jeans are made of stretch denim with an elastic waist and a fly that opens down to the crotch seam for easy cathing.

Do wear boot cut or wide legs.

Sitting down, even in a chair with a 90-degree leg angle, leaves the feet exposed. And unless you're a size 6, your shoes can start to look like boats. A boot cut or wider leg not only minimizes the foot size, they also balance out the hips and slenderize your overall appearance.

Do wear stretch fabrics.

Stretch fabrics, whether in a skirt, pants or shorts, move with you, provide support, stay on during transfers and help keep a body looking good.

Do wear specially designed clothes.

There are a few great sites out there that design specifically for the consumer with a disability. Versa AccessWear (www.versaaccesswear.com) "merges fashion forward design with construction elements suited for women with limited physical mobility." These pants and jeans include a comfort stretch panel at the seat, and Versecure tabs keep the top, pant or skirt in place. This is especially helpful when transferring. Another site, Wheelie Chic Chic (www.wheeliechix-chic.com) offers designer clothing for the woman in a wheelchair. To the naked eye, these products look like high-end designer fashions, but inside are hidden extras that enhance the body and make every garment more user-friendly. Ross Daniel Adaptive Apparel — (www.rdadaptiveapparel.com) is a new site that promotes themselves as being "fashion pioneers and advocates who are filling a niche" for our community. The site currently offers cool adaptive socks for children who wear leg braces or ankle-foot orthotics.

Don't wear pleated pants.

Whether you are a guy or a girl, pleats at the waist pucker when you sit down and can instantly add 15-20 pounds to your look. Look for a flat front or drop waist for a more flattering fit.

Don't wear white or really light colors.

Face it, wheelchair users get dirt on their hands, and that dirt transfers to your clothes, even if you are incredibly careful. Being dirty not only ruins the fashion ensemble, it can also impact the way we feel. Why spend the day worried about the spot on your shirt when you can avoid it by wearing a darker color?

(Continued On Page Five)

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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