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# ◆ THE DERBY CITY NSCIA NEWSLETTER ◆

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OCTOBER 2005

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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-*

*As of this writing we do not have a speaker, but hope to have one scheduled at meeting time. However, if no speaker is present, a video presentation will be shown. Refreshments will be provided.*

*November's meeting will be held at 6:30 at Frazier Rehab, 4th floor dining hall.*

*-David Allgood*

*From the Internet, Sept 11, 2005—ed.*

## **CHALLENGE FROM SCHMIDT TO FELLOW RACERS TO MATCH DONATIONS**

Flooding is an extremely dangerous scenario for fully mobile people and their pets; for people with disabilities, it can often be deadly. Sam Schmidt, owner of Indy Racing League (IRL) Sam Schmidt Motorsports is worried about the number of disabled people who may have perished in the flooding in the gulf region following Hurricane Katrina, and he's even more worried about those who survived.

"It's common sense that climbing to the attic isn't a reality for someone in a wheelchair," said Schmidt. "I'm worried that many probably suffered, and that those that made it through the storm now have little or no recourse available. Two of the Centers for Independent Living (CIL) were totally wiped off the map, and we need to dedicate some resources from the Sam Schmidt Paralysis Foundation to restoring support for the disabled in Biloxi and New Orleans."

Schmidt personally delivered a challenge to his fellow competitors in the IRL Menards Infiniti Pro Series garage.

raise in our garage," said Schmidt. "Obviously cash will be important to help rebuild these centers, and to assist the centers further inland that are helping to fill the void created by the loss of these CILs. I'm challenging my competitors to help with the rebuilding process, and I'll also ask past donors to the SSPF to help with the foundation's matching donation."

The Centers for Independent Living in Biloxi, Miss., and New Orleans, La., have been destroyed by Hurricane Katrina. These private, nonprofit centers are key locations for the disabled in these regions, providing vocational training, assistance, peer support and advocacy. With these shelters being down, those in nearby Shreveport, Baton Rouge and Lake Charles, La., are picking up the slack and working beyond their means to help the disabled cope.

The Sam Schmidt Paralysis Foundation ([www.samschmidt.org](http://www.samschmidt.org)) helps individuals overcome spinal cord injuries and other neurological disorders by funding scientific research, medical treatment, rehabilitation, and technological advances. This research also benefits stroke victims and people diagnosed with ALS, Alzheimer's and Parkinson's diseases. The Foundation also addresses quality of life issues benefiting people with paralysis and other disabilities through its national Day at the Races programs and works tirelessly promoting advocacy concerns.

To make donations or gather more information about SSPF, please go to their website at

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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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**NSCIA  
DERBY CITY CHAPTER  
NEWSLETTER**

Editor- Barbara Davis

Contributor- David Allgood

**UCLA STUDY HELPS ER PHYSICIANS  
IDENTIFY PREVIOUSLY  
UNDETECTABLE SPINAL INJURIES**

A new national study indicates that patients with a cervical spinal injury (CSI) may harbor additional spinal damage not visible on regular x-rays. In fact, more than a third of patients who were thought to have low-risk injuries actually have additional damage that may include significant fractures with the potential to produce serious spinal problems if not detected and treated properly.

This study, which will be published as an early online release in the *Annals of Emergency Medicine*, stands in the face of previous medical thinking in which patients with certain forms of spinal injury were considered at very low risk of having additional injuries. Because of that low risk, physicians were urged to use plain x-rays and avoid computed tomography (CT) in evaluating these cases.

“These findings are significant because they suggest that CT imaging, which allows physicians to view the spine in much greater detail, is necessary in evaluating all patients who have radiographic evidence of cervical spine injuries,” said lead study author Dr. William Mower, professor of emergency medicine at the David Geffen School of Medicine at UCLA. “We found that even among patients with low-risk injuries, more than one-third sustained secondary damage that was not diagnosed by plain radiography.”

Mower adds that approximately one-fourth of these secondary injuries occurred in another part of the cervical spine, which suggests that at least some of these patients may have actually sustained two separate spinal injuries.

Researchers reviewed patient cases from the National Emergency X-Radiography Utilization Study (NEXUS), which was conducted at 21 centers across the United States.

Study authors found that x-rays failed to detect secondary injuries in 81 of the 224 patients identified with cervical spinal injuries, or 36 percent. “We also think that this is likely an underestimate, and the true prevalence of missed injury is probably even greater,” said Mower.

The researchers believe that patients with any evidence of cervical spine injury, including those with cervical spine injuries previously considered to be at low risk for secondary injuries, should undergo CT imaging of the entire cervical spine. CT should be obtained both to determine whether secondary injuries are present and to identify those non-contagious injuries that, in fact, occur in a substantial number of cases.

The study was funded by the Agency for Healthcare Research and Policy, part of the United States Department of Health and Human Services.



# **Refrigerator Calendar**

**\*2005**

## **OCTOBER**

**3rd - Elderly & Disabled Advisory Council Meeting**

**Mon 1:00-2:30 p.m.; TARC; 1000 W. Broadway; Board Room.**

**17th - NSCIA Derby City Area Chapter meeting 6:30 p.m.**

**Mon 4th floor activity room; Frazier Rehab; 220 Abraham Flexnor Way**

**15th - Metro disAbility Coalition Meeting; 1 p.m. – 3 p.m.; PVA Office on Goss Avenue.**

**Sat Speaker to be announced; if questions, contact Terri Leasor at 589-6620 or at mdclouky.org**

## **NOVEMBER**

**7th - Elderly & Disabled Advisory Council Meeting**

**Mon 1:00-2:30 p.m.; TARC; 1000 W. Broadway; Board Room.**

**21st - Derby City Chapter Meeting, 4th floor activity room; 6:30 p.m.**

**Mon Frazier Rehabilitation; 220 Abraham Flexnor Way**

**19th - Metro disAbility Coalition Meeting; 1 p.m. – 3 p.m.; PVA Office on Goss Avenue.**

**Sat Speaker to be announced; if questions contact Terri Leasor at 589-6620 or mdclouky.org**

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

*From the Internet—ed*

## WHEELCHAIR CABS HEADED TO SEATTLE

By Karen Gaudette

Getting to a business meeting, the mall, a Seahawks game, or even to a restaurant for a date with his wife, Emily, often means a long bus ride for Michael Rogers of Kenmore, and for many other wheelchair users in the Seattle area.

Not so in Portland, where at least two taxicab companies offer wheelchair accessible cabs. While visiting there, Rogers and his wife, who both have cerebral palsy, enjoyed something many able-bodied persons take for granted: the ability to be spontaneous and not live life according to a timetable.

The trip spurred him to begin lobbying the Metropolitan King County Council last year to bring accessible cabs here. And, to his delight, the council this week unanimously approved a new wheelchair-accessible taxi demonstration project to begin in the spring.

"I look forward to taking Emily on a date without having to constantly check what time it is on a bus schedule," Rogers said. "It's like now we're in control instead of some clock."

Under the project, which could last up to two years, King County will issue eight temporary licenses to selected drivers and loan out eight low-floor mini-vans. The accessible taxis will operate daily, charge the same rates as other cabs, and will pick anyone up, although scooters, wheelchairs, some electric scooters and other mobility aids have top priority. More than \$14,000 in state grants will fund the project.

"People who are confined to wheelchairs don't have a lot of transportation options, especially if they live out in areas that don't have plentiful bus service," said Councilwoman Carolyn Edmonds, a sponsor of the legislation.

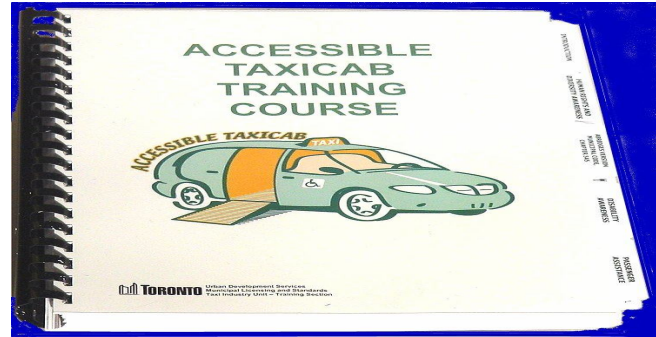
Alternatives aren't as flexible. King County Metro buses are equipped with wheelchair lifts, but their routes can't reach everyone. The county's ACCESS paratransit program offers door-to-door or curb-to-curb service, but users must make a reservation one to three days ahead.

Private ambulances are out of many people's price range, Rogers said. And not everyone can afford a specially-equipped van or rely on friends and family members to drive them wherever they need to go.

For out-of-town visitors, accessible taxis relieve the need to learn a new bus system to reach tourist attractions or business meetings.

In November, the council will establish

performance measures to judge the project's success and the long-term viability of accessible cabs. Similar service already exists in several other parts of the country, including San Diego, Las Vegas, and Boston.



### DID YOU KNOW THAT.....?

If you use the Google search engine to click on local and type in the words "spinal cord injury" that Google will ask you where, and when you type in Louisville, Kentucky, all kinds of links to a variety of web sites relating to spinal cord injury in the Louisville area will pop up? A list of agencies serving individuals with spinal cord injuries will appear, as will names of doctors who specialize in spinal cord injuries. There are research clinics, information about where to get accessible designs manufactured and implemented, and product information availability listed as well. I was also able to find information about local hotels and the availability of accessible rooms, and information about tourist attractions such as the Science center. About the only thing not listed was restaurant and entertainment information.

Out of curiosity I tested this out on cities throughout the country that I am familiar with., especially those that are near my hometown in Central Florida. I also typed in a variety of other disabilities and varying locales. What I discovered is a wealth of information that could be useful in planning trips, making referrals to friends and relatives who live in another area, and finding out about what is going on in the area of spinal cord injury treatment and research in other areas. -ed

*If you would like to see more articles related to a specific disability issue, such as accessible housing, the ADA, etc., please email Barb at [bdavis@calky.org](mailto:bdavis@calky.org) or call*

From the Internet (DesMoines Register) - ed

## CYCLIST PEDALS PAST PARALYSIS

By Dawn Sagrio

Tim Ascherl suffered a spinal cord injury 18 years ago during a wrestling match as a student at Drake University.

But that didn't stop him from riding a bicycle. About six years after his injury he bought an adapted version that you pedal with your hands.

"It's the best thing I ever did," he said. "I really enjoy it."

Ascherl is now chairman of the newly formed Spinal Cord Injury Association of Iowa. The group is hosting a free clinic Saturday at Raccoon River Park in West Des Moines for people with spinal cord injuries to try their hand at riding an adapted cycle like the one Ascherl uses.

Adapted cycling uses handcycles, which are three-wheeled bikes you pedal with your hands instead of your feet. Demonstrations and instruction will be available on a wide range of bikes to suit different abilities and skill levels.

In addition to the clinic, a membership drive will be held for the Spinal Cord Injury Association of Iowa. People with spinal cord injuries can sign up for a free, first-year membership.

"Our clinic is twofold," Ascherl said. "One is to get people more involved in different sorts of sports and recreation, and we're also starting the Spinal Cord Injury Association of Iowa."

About 250,000 people in the United States have a spinal cord injury, according to the University of Alabama at Birmingham's National Spinal Cord Injury Statistical Center. Motor vehicle crashes account for about 48 percent of reported spinal cord injury cases since 2000. The next most common causes are falls, acts of violence (primarily gunshot wounds) and recreational sporting activities.

Ascherl said he hopes the event not only spawns more activities statewide for spinal cord injury survivors in the future—like outings for water-skiing, boating, fishing and kayaking—but also increases the awareness, resources and accessibility of specially adapted recreational equipment.

Cost of the equipment can sometimes be a barrier. Handcycles can cost anywhere from \$1,900 to \$4,200 Ascherl said.

He said there's greater access to equipment in bigger cities like Phoenix, where physical therapists can use adapted cycles provided through the city's recreation department. Ascherl would like to see similar services in Iowa.

"Hopefully maybe we can get to that point if they see there's a population here in need of some recreational activities," he said.



Tim Ascherle and his bicycle.

# FOR SALE!!!!



**\*Invacare Action Power Chair; 5yrs. Old; elevating leg rest, reclining back; used only 10 hrs due to changing medical condition; \$1500 or best offer. Call LeRoy at 964-0285**

**\*2003 Ford F-250 lift-equipped green/gray van; leather seats, TV, DVD player. Playstation hookup, am-fm radio. Rick Miller, 937-2245.**

**\*Shower Chair; 2 yrs old, negotiable; 2 RoHo cushions; low profile; \$150 each; Invacare 900 Action Power Chair; 4 yrs. Old; \$600. Call 448-5296.**

**\*RoHo High Profile 16x16 cushions; \$160; 589-6620.**

**\*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 YOU WOULD LIKE TO  
PLACE AN AD IN *FOR SALES*,  
CALL 589-6620. ASK FOR  
BARB OR DAVID.**

