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# ◆ THE DERBY CITY NSCIA NEWSLETTER ◆

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OCTOBER 2006

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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-*

*Last month's picnic was apparently fun for all, and therefore a great success. I would like to thank all of those who contributed their time and effort toward its success.*

*October's meeting will take place at Frazier Institute. We do not have a speaker scheduled yet, but hope to. In the event a speaker cannot be scheduled. We show a video. Refreshments will be provided.*

*November's meeting will be held at Frazier Institute, 220 Abraham Flexnor Way, Louisville, in the 10th floor dining room at 6:30 p.m.*

*-David Allgood*

*Tips gleaned from several Internet sites –ed.*

### **MAKING LIFE EASIER TIPS**

- ◆ **If bending or reaching is difficult, hang a plastic bag with handles on the outside door handle. Have your newspaper carrier place your paper in the bag so you won't have to bend down to retrieve the paper.**
- ◆ **To sweep the floor from a wheelchair, use a child's toy broom.**
- ◆ **To make playing board games easier, purchase a Lazy Susan and place the game board on top of it.**
- ◆ **Use a child's old plastic sled for transporting garden plants and tools.**
- ◆ **Use barbecue tongs for pulling weeds.**
- ◆ **Kill weeds in sidewalk cracks and pavement stones by pouring vinegar into a spray bottle and spraying several times.**
- ◆ **Place Velcro strips on picnic table and**

*The following is from Paraplegia News, February 2006*

### **PN LIVING WELL: CREATING SPA ENVIRONMENTS**

Taking a refreshing shower or soothing bath is an activity many of us look forward to. It is an opportunity to relax the body and renew the spirit. But for people who can no longer bathe on their own, it can be a dreaded chore. The simple act of taking a bath, which they have done by themselves since childhood, can only be accomplished with help.

“Bathing is a very intimate activity, making the shared responsibility difficult for the caregiver and care receiver,” says Andrea Tannenbaum, president of Dynamic-Living.com, an online store. “To the care receiver it can feel like an invasion of privacy and loss of independence, leading to emotional battles around bath time. To the caregiver, the physical maneuvering and potential safety hazards make the challenge even greater.”

So how does a caregiver maintain the bather's dignity and safety while still making the bath a pleasant experience? Dynamic Living staff looked at what professionals do at spas, where guests pay hundreds of dollars to be pampered, cared for, and bathed.

The spa staff prepare by arranging a soothing environment:

- All the bathing essentials—soap, shampoo, washcloths, towels, bathrobes and slippers—are arranged within reach of the staff.
- The lights are soft. Sometimes candles are placed around the room

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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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**DERBY CITY CHAPTER**  
**NEWSLETTER**

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**

**CREATING SPA ENVIRONMENTS, CONT'D**

- Soothing music or nature sounds play in the background.
- Potpourri might be nearby, or some scented bath oil could be added to the water. Some scents, like lavender, have a calming effect on many people.
- The room is warm and free from drafts.

At the spa, the task of bathing is often split into different segments. Hands receive special treatment with a massage, cuticle treatment, and manicure. A pedicure may include a relaxing foot massage or scrub. Facials are performed with soaps, lotions, and cloths. Hair is washed and styled. A bath includes a nice long soak, and soaps or oils moisturize the skin. A full-body massage drives away built-up tension.

“Splitting the bathing regimen into discrete activities can also be adopted at home to make the overall task of bathing less of a strain,” notes Tannenbaum. “For example, special attention to the feet one afternoon can feel luxurious, rather than squeezing foot care into one long, exhausting event. Some care recipients might even like the idea of ‘appointments’ for these ‘special services’, giving them some sense of control and of feeling pampered.”

Just like the staff of a spa, bather and caregiver should discuss what the bather likes and doesn't like. Some people don't like or are afraid of having their head sprayed with water. Some people prefer to step into a filled tub, while others prefer the tub to be filled once they are seated. Discussing these preferences first can prevent difficult moments during the process.

In order to accommodate physical challenges and avoid caregiver injuries, discuss the best way to transfer to the shower or tub. Determine the smoothest transitions throughout the process of disrobing, moving into the bath, getting out, and drying off.

“Experiment with different techniques each bath time until you reach a sequence that works for both of you,” Tannenbaum suggests. Consider back-saving tools like bath transfer benches, bath lifts, and handheld showers.

Think about the activity's timing. Is it best to do first thing in the morning when energy is highest or later in the day after administering appropriate pain medication?

If transferring into the bathtub is too much of a struggle but soaking is required, try bathing in bed with the EZ Bathe inflatable tub. If no soaking is required, try a sponge bath. It is possible to have a nice bathing experience without water.

No-Rinse Shampoo is a clear, lightly scented liquid that massages into the hair creating a lather. No rinsing is required—just towel dry and style. For additional convenience try the No Rinse Shampoo Cap. This no-drip solution contains a lathering shampoo and soft conditioner within a convenient “shower cap.” It can be placed in the microwave for

# Refrigerator Calendar

\*2006

## OCTOBER

**2nd - Elderly & Disabled Advisory Council Meeting.**

**Mon 1:00 P.M.; TARC; 1000 W. Broadway; Board Room.**

**16th - Derby City Chapter meeting; Frazier Rehabilitation; 6:30 p.m.**

**Mon 220 Abraham Flexnor Way, Louisville; 10th floor dining room. Derby City Chapter Picnic;**

**21st - Metro disAbility Coalition Meeting; 1 p.m. – 3 p.m.**

**Sat PVA Office on Goss Avenue.**

**27th - Adaptive Leisure/CAL Friday Night Coffee House; 7:00 p.m. Douglas Community Center**

**Fri 2305 Douglas Blvd.; Musical and other talents from local & state performers.**

## NOVEMBER

**6th - Elderly & Disabled Advisory Council Meeting**

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

**20th - Derby City Chapter meeting; Frazier Rehabilitation; 6:30 p.m.**

**Mon 220 Abraham Flexnor Way, Louisville; 10th floor dining room.**

**18th - Metro disAbility Coalition Meeting; 1 p.m. – 3 p.m.**

**Sat PVA Office on Goss Avenue.**

**24th - Adaptive Leisure/CAL Friday Night Coffee House; 7:00 p.m. Douglas Community Center**

**Fri 2305 Douglas Blvd.; Musical and other talents from local & state performers.**

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

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### EXERCISE AND SCI: EXERCISING BLOG

ExerSCIzing blog is a project funded by the Rehabilitation Research and Training Center (RRTC) on SCI: Promoting Health and Preventing Complications Through Exercise.

A project of the National Rehabilitation Hospital in Collaboration with ILRU, a program of Memorial Hermann/TRR.

You are invited to visit Pam Mackie's ExerSCIzing blog at <http://rrtc-sci.livejournal.com/>

- \* Exercise benefits both physical and mental well-being.
- \* People everywhere struggle to make exercise a priority and living with SCI may limit the realm of possible exercise activities.
- \* Secondary conditions in individuals with SCI may be diminished with exercise.

ExerSCIzing provides daily online updates regarding one woman's great effort in maintaining a healthy lifestyle, integrating exercise, and maintaining secondary conditions as a person with SCI.

ExerSCIzing author, Pam Mackie, lives with C6/7 tetraplegia and has been using a wheelchair for mobility since 1987. ExerSCIzing has proved Ms. Mackie an outlet to share information regarding SCI secondary conditions, exercise, and general health through personal stories. With a commitment to healthy living, Ms. Mackie shares with her readers her everyday triumphs and struggles.

Informative and inspiring, ExerSCIzing uncovers the realities of maintaining a fit daily life as an individual with SCI. Sample excerpts from ExerSCIzing have been provided below:

"I have actively sought information and means to continue ExerSCIzing even though I am unable to move parts of my body. I am determined not to let barriers stop me from experiencing the best health and quality of life I can." - Pam Mackie

"I look forward to reading your journal every day. You have motivated me to renew my life. Thank you." - Posted by a reader of the blog.



### CREATING SPA ENVIRONMENTS, CONT'D

a warm shampooing experience.

No-Rinse Bathing Wipes leave skin feeling clean and deodorized. These wipes are larger than common towelettes and can be heated in the microwave for a few seconds to create a warm, comfortable bathing experience.

"For any of these bed bathing techniques, pay as much special attention to privacy and dignity as possible," says Tannenbaum. "Keep extra towels and a robe nearby. Cover body parts that are not being bathed—for warmth and modesty."

Professionals at a spa see all sorts of bodies and perform their services without making comments or criticisms. They are prepared for the task at hand and know their business provides a service with dignity and discretion. This is why their guests love to come back again and again. Try adopting some of their techniques at home, and you will be rewarded with a shared experience that makes bathing a more enjoyable activity for both of you.

Dynamic-Living.com features hundreds of products that promote a convenient, comfortable and safe home environment. These products support a variety of needs, including decreased mobility, vision, hearing, and memory, prolonging a person's ability to live at home independently. The staff at Dynamic-Living.com also locates products in response to specific individual needs.

Contact: [www.dynamic-living.com](http://www.dynamic-living.com) / (888) 940-0605.

*From New Mobility Consumer Guide 2006-2007 –ed.*

#### **BENT SPOKE**

By Dee Sandin

I don't know how it happened, but I woke up one morning to discover I had turned into my mother. Like any other day, I rolled out of bed against my will and rolled into the washroom to do the usual rituals. But this time when I looked into the mirror, an old person stared back at me. Rather obnoxiously I might add.

"How could this be?" I bellyached. "Am I the only one who, in my head, feels and thinks I am 19?"

The signs are there. Blood pressure is now an issue and I have to stay away from the things I like, so I don't die. My hands ache from arthritis and my back, well, that's another story. My lower extremities swell up, suggesting elephantitis of the feet and I have to wear those old lady stockings. Don't even get me going on the senior moments thingy.

On our weekly date, hubby and I have chocolate milk

**(Continued On Page Five)**

**BENT SPOKE, CONT'D**

and Kahlua, dance to the oldies until we drop, followed by some serious romping. Mind you, the next day we moan and groan trying to get out of bed, feeling like victims of the WMTS—Wayward Mack Truck Syndrome. It's our carcasses' subtle way of saying, "Knock it off, you two! You're not teenagers anymore!"

One afternoon, my grandson Tyler came bounding in with his new friend Zachy, hoping to score some of his Nana's brownies. Zachy whispered, "Who's that?"

Tyler responded, "That's just my Nana." I have to talk to that boy.

"That's your grandmother?!" Zachy replied, wide-eyed. "She's beautiful. My Nana's old, real old!"

"Maybe I'll trade YOU in for Zachy!" I threatened Tyler.

"Can we have some brownies, since they're the best in the world," he responded, with his best contrite voice. I can't say no, and out they go.

"Your Nana's cool," I hear Sweet Zachy say.

"She's Okay," replied the Critter Boy.

Nothing like kids to put things into perspective.

It's all in the way you feel, the way you act, the way you live and love, aches and pains, and no surrender.

We have a sign that says, "You're only young once, but you can stay immature indefinitely."

Works for me.



**EXPECTING TOO MUCH**

Craig O'Brien was hit by a truck and Nashville Police impounded his wheelchair because it wouldn't fit in the trunk of their car. To get it back, he had to pay \$85.

"I would have thought that they would have got it to the repair shop...but that's that perfect world thing." O'Brien told WTVF-TV.

-Spun by Roxanne Furlong

**FOR SALE \*\*\***

**2 Electric Hospital Beds;** Good Shape; \$500 Each; Call Kenny Flood @ (502) 648-7335.

**97 Mercury Sable LS;** station wagon. Leather interior; 6-cylinder; 6-passenger seating; rear-facing third seat; Braun wc topper; Monarch hand controls. 93,000 miles. Price negotiable. **Call Ruth @ 239-9754 after 5 p.m.**

**2001 Dodge Intrepid.** 30,000 mi; leather interior; automatic transmission; Braun overhead wheelchair carrier & hand controls. **Call Ruth at 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..*

**United Spinal Expands Survey to Meet the Needs of Disabled Women Nationwide!**

United Spinal Association is seeking participants for a nationwide survey of women with spinal cord injuries and disorders (SCI/D). United Spinal's *Women Without Limits Advisory Committee* developed a questionnaire on the specific needs, concerns, and interests of women with SCI/D as they relate to health care and health information, community resources, civil rights, and overall quality of life. The survey was made available to United Spinal's female members in the spring of 2006 and is now available to all women with SCI/D at by visiting [www.unitedspinal.org/womensurvey/](http://www.unitedspinal.org/womensurvey/) United Spinal Association understands and appreciates the unique issues facing women with disabilities. United Spinal's *Women Without Limits Advisory Committee* is comprised of a very specialized group of disabled women and professionals from across the country experienced in health care issues for women with disabilities. The committee is committed to enhancing the lives of all women with SCI/D. Additional useful information can be found in the Association's newest pamphlet, *Women's Health: Special Considerations for Women with Spinal Cord Injury and Disorders*. Copies may be obtained by calling 800-404-2898, ext. 278, or by e-mailing at [dzayas@unitedspinal.org](mailto:dzayas@unitedspinal.org). *United Spinal Association is a national membership organization for people with spinal cord injuries and disorders (SCI/D). For more information visit our Web site at [www.unitedspinal.org](http://www.unitedspinal.org) or call 800-404-2898.*

**Friends For Michael Invites You to Millionaire Row At Churchill Downs. Nov. 10, 2006; 11:30. 1st race 12:40 p.m. \$40 each. Includes Millionaire Row seating; gate admission; buffet lunch w/ tea & water; door prize drawings, & a fun day at the races. RSVP with # of attendees & payment by October 11. Call Cindy @ 532-7071 or 396-3214.**

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

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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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Louisville, KY. 40214