
◆ THE DERBY CITY NSCIA NEWSLETTER ◆

SEPTEMBER 2004

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

Message From the President

Dear Members & Friends-

In lieu of this month's regularly scheduled meeting, we will have our annual picnic at Camp Crooked Creek on September 26 at 12:30 in the afternoon. We will eat at 2:00 p.m.

It should be a great time and I hope to see you there. For directions to Camp Crooked Creek, see the box below.

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

- David Allgood

DIRECTIONS TO CAMP CROOKED CREEK

Take I-65 S. from Louisville to Exit 112 (Claremont/Bardstown). Turn left at the top of the ramp and go approximately two blocks until you see the "Old Kentucky Scout Reservation" sign on the right. Turn right and follow the road until it ends, then turn left on

REMINDER!!!

The last day to register to vote is October 4.

The last day to fill out an application for an absentee ballot is October 26.

Absentee ballots will be accepted until election day.

WE WANT TO ENCOURAGE EVERYONE TO VOTE

DID YOU KNOW?

- There are 54 million people with disabilities in America. This includes 874,000 Kentuckians with disabilities.
- People with disabilities register to vote at a lesser percentage rate than the rest of the population.
- There are more than 36 million voting-age persons with disabilities.
- In the 2000 presidential election, 41% of Kentuckians with disabilities of voting age did not vote.
- If people with disabilities voted at the same rate as the rest of America, there would have been at least 5 million more voters in the 2000 election.

We are a voting block. We have the power to make change. What politician can afford to overlook 1/5 of the nation's voting-age population? The disability vote is big and getting bigger. We are beginning to take our place in the American Dream right beside our nondisabled brothers and sisters. A part of the American Dream is to have choices and to be able to make decisions for ourselves. We cannot let anyone take that away from us. But we do. Every time we don't vote, we give up that right. Let's not be losers in this election. Let's get involved and use our votes to ensure that we can fully

Table of Contents

President's Message/Directions to picnic.....	1
Voting Information/Statistics.....	1
Online Voter Registration.....	2
Think Your Vote Doesn't Matter?.....	2
Calendar.....	3
Stand-up (Sit-down) Comedy.....	5
Reasons to Vote.....	5
For Sale.....	5

**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.

OFFICERS

PRESIDENT

David Allgood - (502) 589-6620

VICE PRESIDENT

Adam Ford - (502) 425-2206

TREASURER

Tom Stokes- (502) 957-5865

LIAISON TO FRAZIER INSTITUTE

Dr. Bill Kraft – (502) 582-5865

FUNDRAISING CHAIR

Betty Perry—(502) 647-0368

CORRESPONDING SECRETARY/WEB MASTER

Michael Feger- (502) 647-0368

PAST PRESIDENT

Adam Ford- (502) 425-2206

BOARD MEMBERS AT LARGE-

Mike Perry
Kelly Young

**NSCIA
DERBY CITY CHAPTER
NEWSLETTER**

Editor- Barbara Davis

Contributor- David Allgood

ONLINE VOTING REGISTRATION

If you are not already registered to vote, you can register online at www.dontblockmyvote.org. If you register online, you **MUST** show proper ID at the election site. ID can be in the form of a state issue ID/ driver’s license, utility bill, bank statement, or Section 8 voucher. Contact your Board of Elections for more details. As stated on page one, the last day to register for this year’s election is October 4.

**THINK YOUR VOTE DOESN’T MATTER?
CONSIDER THIS.....**

- * In 1801, one vote in the U.S. House broke the tie between presidential candidates Thomas Jefferson and Aaron Burr.
- * In 1839, one vote made Marcus Morton governor of Massachusetts and earned him the nickname, “Landslide.”
- * In 1868, one vote saved President Andrew Jackson from being removed from office.
- * In 1876, one vote in the Electoral College gave Rutherford B. Hayes the presidency.
- * In 1941, one vote extended the active service provision in the Selective Service Act (Draft) just four months before the attack on Pearl Harbor.
- * In 2000, we had one of the most closely contested presidential elections in American History, and people are still arguing about who won. ☆

THE CHAPTER NOW HAS ITS OWN WEBSITE:
derbycityspinalcord.org
Please check out this site if you have a chance, and if you have any contributions or suggestions, please feel free to let us know.



SMART



INFORMED



A VOTER!!!



Refrigerator Calendar

***2004**

SEPTEMBER

6th - Elderly & Disabled Advisory Council Meeting

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

26th - NSCIA Derby City Area Chapter Picnic; 12:30 p.m. Camp Crooked Creek.

Mon See page one for directions; takes the place of our regularly scheduled meeting.

18th - 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

21st - Louisville Metro Sweep for Access

Tues Crescent Hill Library; 2762 Frankfort Avenue

OCTOBER

4th - Elderly & Disabled Advisory Council Meeting

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

18th - NSCIA Derby City Area Chapter meeting, 6:30 p.m., Frazier Rehab.

Mon 4th floor dining hall; speaker to be announced.

16th - 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

19th - Louisville Metro Sweep for Access

Tues Crescent Hill Library; 2762 Frankfort Avenue

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

The following is from the internet (Article ARCHIVE Sex & DISABILITY) - derived from the key words dating and disability—ed.

TALKING ABOUT DISABILITY ON A DATE By Dr. Linda R. Mona

Discussing your disabilities on a date can be difficult: your new partner is probably curious about the extent of your sexual abilities. Can you have intercourse? What special needs do you have? What are your limits or particular talents?

The hardest part of this conversation is when to have it. How does one lead into the subject? Do you talk about disability at the onset of the first date, or wait until the second, third or fourth meeting?

People living with disabilities tend to worry about saying too much or not enough. Place these feelings of anxiety aside! Discussion about a person's disability typically comes up naturally within conversation. For example, a conversation could begin around a modified van, a Seeing Eye dog, the use of sign language or prosthetic device or mobility aide. When these subjects arise, respond honestly and openly to questions, and your partner will understand you are comfortable discussing your disability.

Ironically, while you are worrying about how and when to bring up the limits imposed by your disability, your date is no doubt struggling with questions, afraid of offending you, but wanting information. For example, your date may wonder what arrangements need to be made to accommodate your evening out. Can you walk a few steps unaided, or do you require your wheelchair at all times? Are you comfortable with having a menu read to you, or would you prefer to dine only in restaurants that offer Braille menus?

If he or she is unfamiliar with dating a disabled person, as many people are the first time they do so, your date may simply blurt out, "What is your disability, and what do I need to do to arrange a date?" Although some individuals feel comfortable with this direct approach, others may not know how to respond to such a remark. Be compassionate, and try not to be offended. Remember, your date is simply trying to ensure you both enjoy yourselves.

It is important to remember that these questions also come up when two people with disabilities date each other. Contrary to popular belief, the disabled are not all alike—we do have questions about our friends and dating partners with different types of disabilities.

Given the uneasiness that can surface, here are

their able-bodied and disabled dating partners.

- **Discuss your disability, don't lecture an audience.** Treat a date like any other social situation. Talk about your disability as it naturally occurs in conversation. If you are asked directly about it, answer with details that are informative, but don't launch into a 30-minute speech about your condition. If this date turns into a more serious relationship, you'll find plenty of time to discuss the specifics of your disability.
- **Talk from a script.** If you feel ill at ease discussing your disability, think about what you may want to say ahead of time. Sometimes people practice with a friend how they plan to discuss their disability. If you prefer to practice alone, use a tape recorder or even a mirror to get an idea about how you come across and what words bolster your confidence.
- **Plan your response to questions.** If it makes you feel better, think what you might say if you were asked directly about your disability. Some people have a standard response they always give to questions. For example, someone may say, "I am deaf and this is why my speech may seem different to you." Others may want to take this a step further and say, "I have 20% hearing ability in my right ear, so if you sit on my left side, I think we'll have a more enjoyable conversation." Think about what feels right to you, and go for it!
- **Talk about your dating partner's disability.** Creating an environment open to discussion helps the person with a disability feel a sense of power over a potentially uncomfortable situation. Try something like, "I'm not sure if you feel comfortable answering this question, but I was wondering if you would mind discussing your disability?" This phrasing gives the person with a disability the choice of whether they'd choose to engage in these issues, and shows him or her you are comfortable discussing the matter.
- **Refrain from asking overly personal questions on the first date.** Some people assume that it is acceptable to ask people with disabilities very personal questions. For example, it is not uncommon for people to be asked, "How do you go to the bathroom?" "How do you shower?" or "Can you have sex?" While many of us think that it is not unreasonable to ask for such personal information, it is important to keep in mind that people with disabilities are entitled to the same amount of privacy as anyone else. Whether dating another disabled person or an able-bodied person, talk to each other and find out what arrangements need to be made. By showing your partner you can communicate comfortably about the "sensitive" subject of your disability, you are opening the door for more intimate conversations, perhaps those surrounding your intimate preferences!

The following is from the internet –ed.

STAND-UP (ACTUALLY, SIT-DOWN) COMEDY

Alan Shain's comedy has attitude, and you won't forget his act very quickly. His disability is obvious and his brand of comedy is unique. Alan uses humor to attack the idea that disabled people are passive and helpless, which is reflected in the name of his company, Smashing Stereotypes Productions.





Alan's stand-up comedy is suitable for a wide variety of venues. A hysterical rebuff at public attitudes to disability, he attempts to answer burning questions such as 'Do wheelchair people ever go to the bathroom? Are all wheelchair people related to each other? Do they ever think about sex?' You'll probably learn just a little bit more from Alan than you really wanted to know.

After getting his start in comedy in 1989 at Yuk Yuk's comedy Kabaret, Alan has since toured his shows extensively across North America and Australia. He blends comedy with a strong flavor of honesty and truth, and attacks stereotypical attitudes towards people with disabilities.

"My brother and I went out to eat," Alan says, "and the waiter asked my brother how many menus we wanted. I answered the question with, 'There's two of us at the table, so I think we'll take 4 menus.' The waiter did, in fact, bring us 4 menus."

Since first touring the comedy club circuit, Alan now also tailors his shows for high schools and middle schools, colleges and universities, as well as community events and festivals. ★

A FEW REASONS WHY YOU SHOULD VOTE...

-  "Suppose you were an idiot...and suppose you were a member of Congress...but I repeat myself.— Mark Twain
-  "It's no exaggeration to say that undecideds could go one way or the other." — George Bush
-  "I want to thank each and every one of you for having extinguished yourself." Gib Lewis, TX Speaker of the House to a group of wheelers on Disability Day
-  "This is unparalyzed in the state's history." Gib Lewis, TX Speaker of the House

Taken from Funny Quotes website –ed

FOR SALE!!!!**

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.**

***Wheelchair; 20" wide; adjusted petals; standard wheels; asking \$2,2500. Quickie wheelchair; 19" wide; asking \$2,000; needs batteries. New bedside commode; used; \$75.00. Call 502-636-4043.**

***1984 Dodge Ram;** handicap conversion; Crow River lift w/exterior/interior controls; heightened roof/door; captain chairs; exchange driver's seat; hand controls; AC; AM/FM cassette & CB radios; wheelchair lock down/ties; rear bench; 2 spare captain chairs; 86,584 miles; good condition. Call 859-734-6852.

***2002 Dodge Caravan "Entervan" (Braun modification);** app 18,000 mi; remote operated oil recently changed; mechanic confirms excellent condition; used only a little more than 2 mos.; \$34,000. Call 859-492-7971.

***Ford 1997 Econoline Van;** 100,140 mi; \$16,000. Hunter Green-gray; new tires & brakes; "loaded"; call 270-786-4547; ask for Dale.

***1994 Dodge Caravan,** equipped with lock down for driving; cruise control; tinted windows; 56,000 miles; good condition; \$14,000; contact Ina Hogan at 241-7849.

***Hoveround MPV4;** used only one year; 36" long; 23 1/2" wide; load capacity 300 lbs.; two direct drive motors; turning radius 17"; speed 5 mph. Asking \$5,000 or best offer. Call 671-7656.

***Jazzy Electric Wheelchair;** \$2,000; 812-867-0137.

***1985 Komfort Koach Van with Power Lift; V-8; 350**

BB; 5 liter engine; wheelchair safety straps; hook; television; power window and door locks; 127,000 mi; excellent condition; new tires; AC/front and rear vents; cruise control; AM/FM radio; tape deck; CB radio; game table and window shades; trailer hitch. Asking \$2,995. Call 425-0314.

***Heavy Duty Scooter; used less than 50 hours/2 new batteries;** \$1200. Call (502) 348-9305.

***Liberty Stairlift/Set for 13 steps;** \$1500 soft; 937-9492

***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 for information on loans at 5% interest to qualified candidates.*

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**
David Allgood
6703 Triangle Drive
Louisville, KY. 40214