
◆ THE DERBY CITY NSCIA NEWSLETTER ◆

SEPTEMBER 2006

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

Message From the President

Dear Members & Friends-

Our annual picnic, which will be in lieu of September's meeting, will be held on September 17th at 12:00. Come on out for what is sure to be a great time.

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

DIRECTIONS TO CAMP CROOKED CREEK

TAKE I-65 SOUTH 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 TERRY ROAD, WHICH WILL LEAD YOU TO THE CAMP.

-David Allgood

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.

From the Transportation Security Administration (TSA) **UPDATED AIR TRAVEL INFORMATION FOR THOSE WITH DISABILITIES**

Due to enhanced security measures, liquids, gels, lotions, and other items of similar consistency will not be permitted in carry-on baggage. These types of items must be packed in your checked luggage. Additionally, liquids, gels, and lotions purchased beyond checkpoint must be disposed of before boarding the aircraft. To ensure the health and welfare of certain travelers the following items are permitted:

- * Baby formula, breast milk, or milk for baby or small child who is traveling.
- * Liquid or gel prescription medicines with a name that matches the passenger's ticket (name on bottle MUST match name on your ticket).
- * Liquids (to include juice & water) or gels for persons with diabetes or other medical conditions in quantities up to 5 oz per container.
- * Essential non-prescription liquid and gel medications up to 4 oz per container (to include saline solution, eye care products, and KY jelly).
- * Gel-filled bras and similar prosthetics worn for medical reasons.
- * Gel-filled wheelchair cushions.
- * Life support and life sustaining liquids (bone marrow, blood products, body organs).

We encourage everyone to pack gel-filled bras in their checked luggage. We recognize the sensitivity of the issue, and we are reaching out to key women's

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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.

OFFICERS

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NSCIA
DERBY CITY CHAPTER
NEWSLETTER

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Contributor- David Allgood

Visit Our Website at
www.DerbyCitySpinalCord.org

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

AIR TRAVEL UPDATE CONTINUED

medical organizations to assist passengers and make information available to them while respecting their privacy. Passengers with medical gel prosthetics will be permitted through security checkpoints. All disability-related equipment, aids, and devices continue to be allowed through security checkpoints once cleared through screening.

Disability and medically-related items permitted beyond the checkpoint include: wheelchairs; scooters; crutches; walkers; prosthetic devices; casts; support braces; support appliances; service animals; any and all diabetes related medication, equipment, and supplies; orthopedic shoes; exterior medical devices; assistive/adaptive equipment; augmentation devices; ostomy supplies; medications and associated supplies; hearing aids; cochlear implants; tools for wheelchair disassembly/reassembly; personal supplemental oxygen; CPAP machines; respirators; CO2 personal oxygen concentrators; baby apnea monitors; Braille note takers; slate and stylus; tools for prosthetic devices; and any other disability-related equipment and associated supplies.

TSA's Checkpoint Security Screening Procedures for persons with disabilities, medical conditions, and the mature have not changed as a result of the current threat situation. People with disabilities, those with prosthetic devices, and those with medical conditions DO NOT have to remove their shoes during this heightened security level. Those who keep their shoes on will be subjected to additional screening that includes a visual/physical and explosive device trace detection sampling of their footwear.

You are permitted to bring solid cosmetics and personal hygiene items such as lipstick, lip balm, and similar solids. Please remember these items must be solid and not liquid, gel or aerosol. Only the items mentioned above are permitted in your carry-on bags and through security checkpoints once they have been screened. If you have questions or doubts on certain items, place those in your checked luggage.

To help you understand what you should or should not bring in your carry-on luggage, we have provided the following list of common items you may be traveling with. Remember, liquids, gels and aerosols are prohibited. Please leave those items at home or pack them in your checked luggage:

- * Makeup and personal items.
- * Aerosol spray bottles and cans.
- * All creams and lotions including Neosporin or first-aid creams and ointments, topical or rash creams and ointments, suntan lotions, moisturizers, etc.

(this is not a requirement and will not exempt a passenger from the screening process).

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Refrigerator Calendar

***2006**

SEPTEMBER

11th - Elderly & Disabled Advisory Council Meeting. Please note date change due to holiday.
Mon 6:00 P.M.; TARC; 1000 W. Broadway; Board Room.

17th - Derby City Chapter Picnic; 12:00 ; In lieu of regular meeting
Sun Camp Crooked Creek. See Page 1 for directions.

16th - Metro disAbility Coalition Meeting; 1 p.m. – 3 p.m.
Sat PVA Office on Goss Avenue.

22nd - Adaptive Leisure/CAL Friday Night Coffee House; 7:00 p.m. Douglas Community Center
Fri 2305 Douglas Blvd.; Musical and standup comedy talents from local & state performers.

OCTOBER

2nd - Elderly & Disabled Advisory Council Meeting
Mon 1:00-2:30 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.

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 standup comedy talents from local & state performers.

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

TRAVEL UPDATE, CONTINUED

- * Bug and mosquito sprays and repellents.
- * Deodorants made of gel or aerosol.
- * Hair styling gels or sprays of all kinds including aerosol.
- * Hair straightener or detangler.
- * Lip gels such as Carmex or Blistex.
- * Liquid lip glosses or other liquids for lips.
- * Liquid bubble bath including gel or liquid filled bubble bath balls/bath oils/moisturizers.
- * Liquid foundations.
- * Liquid, gel or spray perfumes or colognes.
- * Liquid sanitizers.
- * Liquid soaps.
- * Liquid mascara.
- * Makeup removers or facial cleansers.
- * Mouthwash.& toothpaste.
- * Nail polish and removers.
- * Shampoos and conditioners.
- * All food and drink beverages.
- * Cheese in pressurized containers.
- * Gel-based sports supplements.
- * Jellos. & pudding.
- * Whipped cream.
- * Yogurt or gel-like food substances.
- * Gel-type candles.
- * Gel shoe inserts.

Please keep in mind that, while we cannot provide an exhaustive list of items that cover all eventualities, all liquids, gels, or aerosols of any kind are prohibited at security checkpoints, in aircraft sterile aisles, and aboard aircraft. You may pack these items in your checked luggage.

We ask for your cooperation in the screening process by being prepared before you arrive. We also ask that you follow the guidelines above and try not to over-think these guidelines. Please pack liquids, gels, and aerosols in your checked baggage even if you do not normally check a bag.

Travelers with disabilities, medical conditions, and the mature may want to consider the following:

- * Arriving at the airport well in advance, 2-3 hours prior to flight.
- * Following all published rules on carry-on items and medications.
- * Viewing TSA website tips for persons with disabilities and medical conditions and other TSA screening advisements located on TSA's website under "Our Travelers".
- * Bringing documentation on medications, devices, and medical conditions where

- * Packing medications in a clear bag separate from other carry-on items/bags.
- * Ensuring that medically prescribed medicine bottles (name on bottle) match your ticket.
- * Exercising patience with the lines, delays, and stringent screening procedures.

Where to go for further information:

For additional information on transportation security, the Transportation Security Administration Contact Center may be reached at:

1-866-289-9673 (Voice/Relay)
tsa-contactcenter@dhs.gov (Email)
<http://www.tsa.gov> (Web)

For concerns about potential rights violations, contact the TSA Office of Civil Rights at:

1-800-778-4838 (Voice)
1-800-877-8339 (TTY)
airconsumer@ost.dot.gov (Email)
<http://airconsumer.ost.dot.gov> (Web)

From the Internet—ed

**WOMAN SAYS THERAPY HELPED HER WALK
AFTER INJURY
By Lady Hereford**

After a car crash last year left Nicholette Nelson paralyzed from the shoulders down, people told the college student she would never walk again.

But Nelson, then 21, could not accept that fate. She credits her religious faith, as well as a new form of therapy, with allowing her to make the transition from a wheelchair to walking with a cane.

"Everyone said I'd never walk again. If I was a weaker person, I would not have made any improvement," said Nelson, a Palm Beach Lakes High School graduate and former mortgage broker who now attends East Central Community College in Decatur, Miss.

Her journey to recovery began after Nelson's car struck a tree on a dead-end road in Starkville, Miss., 17 months ago. The impact left Nelson with spinal cord injuries, a crushed ankle, a crushed orbital bone, a broken jaw, and other injuries. Two passengers also survived.

Nelson spent two months in a rehabilitation hospital, and afterward, she was able to take steps using a walker, she said.

Nelson credits one form of therapy in particular with restoring her ability to walk. Watsu, or water Shiatsu, is Japanese deep-tissue massage performed in water heated to around 96 degrees.

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WOMAN WALKS, CONT'D

After about four sessions of watsu, "I was completely out of my wheelchair," Nelson said. Ken Margeson, a family friend, introduced Nelson to watsu. Margeson, owner of Palm Beach Aquatics and Rehabilitation in Atlantis, is a certified watsu practitioner.

Margeson said he became interested in aquatic therapy after he underwent a hip replacement. He said he went back to school to become trained in watsu, and he opened his practice in the Shoppes of Atlantis in mid-May.

Combined with more traditional forms of physical therapy, watsu can help some patients regain flexibility, Margeson said. The buoyancy of the water takes weight off the vertebrae, he said.

"It provides stretches and opens up energy pathways and neuro pathways," Margeson said. "It has just a momentous effect on the well-being of a patient."

Margeson said that although only a handful of facilities offer watsu locally, it is growing in popularity. Many different types of patients can benefit from watsu, from people recovering from injuries to geriatric patients, he said.

During a recent trip to visit relatives in Palm Beach County, Nelson paid a visit to Palm Beach Aquatics for follow-up watsu treatments. She said she plans eventually to study law, particularly laws relating to people with disabilities. She is also working toward becoming certified to drive using hand controls.

Margeson said that it is not his intention to give people false hope. However, "you need hope," he said. "I believe that we all have this power within us."

INTERESTING INVENTION

For pet owners who use a wheelchair, the elderly, or anyone else who can't or doesn't want to bend to scoop their pet's poop, a ten-year-old boy has invented a pooper scooper with a telescoping handle that utilizes plastic grocery bags. Your newsletter editor learned about this through the disabled parents listserv she subscribes to—someone on it was having trouble cleaning up after their pet, and another subscriber recommended this. For more information, go to



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..*

**IF YOU WOULD LIKE TO PLACE A
FREE AD IN FOR SALES,**

**OR LET US KNOW WHEN YOUR AD
NEEDS TO BE TAKEN OUT**

PLEASE CALL 589-6620.

ASK FOR BARB OR DAVID.

**YOU CAN ALSO EMAIL THE INFO TO
bdavis@calky.org**

**BUSINESSES WANTING TO RUN A
YEAR'S PAID AD SHOULD CALL
DAVID AT 589-6620.**



**HOPE TO
SEE YOU
AT THE
PICNIC.**

