

# ◆ THE DERBY CITY NSCIA NEWSLETTER ◆

SEPTEMBER 2011

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

## Message From the President

*Dear Members & Friends-*

### **WE WILL NOT HAVE A MEETING IN SEPTEMBER.**

*In lieu of our October meeting, we will have our annual picnic at Camp Crooked Creek on October 2. Details in next issue of newsletter.*

*Our November meeting will be held at Frazier Rehab Institute; 220 Abraham Flexner Way, Louisville, in the 10th floor dining room. Pizza and video will be provided.*

*- David Allgood*

*All articles from the Internet except on page 5 –ed.*

### **CHANGING LIVES ONE STEP AT A TIME**

By Ron Mizutani

Many spinal cord injury patients already live a full life, but new technology could add to the quality of their lives.

Technology is constantly evolving and changing lives. This latest technology is doing much more. It's providing hope.

"1, 2, 3, stand," said John Greer's physical therapist. "In over 20 years I never walk and for the first hour I got up and walking. It's pretty incredible," said John Greer.

We met John and his wife Chris Greer last November. They are paraplegics raising an able-bodied child in Dylan. Both were involved in traffic accidents as young adults.

John is a Castle High graduate. He was 19 when the truck he was riding in flipped.

Chris is from United Kingdom and was on the back of a motorcycle when it crashed. She suffered a broken back. She was 20. Neither of them have

walked since. Until now.

"I'm always optimistic so I would think that one day I would bust out of these braces. I'd be running and someone would say, 'Run, Forest, run!'" said John.

Rehabilitation Hospital of the Pacific is one of the 10 leading rehab hospitals in the country. It has partnered with Berkley Bionics to conduct trials on eLEGS pro, a wearable, powerful exoskeleton that allows wheelchair users to stand and walk.

"Within these four walls we have really one of the best rehab centers in the world," said Berkley Bionics CEO Eythor Bender.

John and Chris were the first to try it.

"To actually move and take steps, yeah, indescribable and it's been a long time since I've done that and it's almost like being a baby again when you retrain yourself," said Chris. "You know to shift your weight and start all over again, but it's an amazing, amazing feeling."

"She had her turn so we'll be racing one day, I'm sure," laughed John.

Eight Hawaii residents are participating in the trials, including 78-year-old Amar Sappal who suffered a spinal cord injury two years ago. "I really think this robotic invention is a miracle," he said. To me it was

**(Continued On Page Three)**

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# **Refrigerator Calendar**

## **2011**

### **SEPTEMBER**

**12th**            **Elderly & Disabled Advisory Council Meeting**  
**Mon**            **6:00; TARC; 1000 W. Broadway; Board Room**

**19th**            **Derby City Chapter-National Spinal Cord Injury Association; 6:00 p.m.**  
**Mon**            **220 Abraham Flexner Way, Louisville, KY 40202; 10th floor dining room**  
**NO MEETING IN SEPTEMBER.**

**26th**            **Metro disAbility Coalition Meeting; 3:15 p.m.**  
**Mon**            **Spalding University; 845 S. Third Street; Louisville**

### **OCTOBER**

**3rd**            **Elderly & Disabled Advisory Council Meeting**  
**Mon**            **1:00 p.m.; TARC; 1000 W. Broadway; Board Room**

**2nd**            **Derby City Chapter-National Spinal Cord Injury Association Picnic; 6:00 p.m.**  
**Sun**            **Camp Crooked Creek. Directions in October newsletter.**

**23rd**           **Metro disability Coalition Meeting; 3:15 p.m.**  
**Mon**           **Spalding University; 845 S. Third Street; Louisville.**

**For More Information Call**  
**David Allgood at 502-588-8574**

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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 STAFF**

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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**

**CHANGING LIVES, CONT'D**

just like walking on my own to be able to go into the kitchen to make a cup of coffee for myself. If I can do it everybody can.”

An estimated 6 million Americans live with paralysis today. In two years this technology could be in homes

“Just to be upright and looking eye to eye and stretched out is really good for the body and the mind,” said John.

Changing lives one step at a time. Developers are hopeful eLEGS Pro will be covered by insurance companies.

**NOW, IPADS ARE BEING USED TO  
TREAT SCI**

iPads are now being used to treat patients who suffer from spinal cord injuries and other disabilities. The tiny, flat-screen touch pad is being used at Nova Southeastern University (NSU) by the Occupational Therapy Department researchers, a part of NSU's College of Allied Health and Nursing.

The department is using a \$13,000 grant from the Christopher and Dana Reeve Foundation to purchase 20 iPads to treat individuals with SCI.

Since spinal cord injured victims have very limited mobility, using a desktop computer or laptop can be difficult for them.

NSU researchers in occupational therapy believe that the iPad, with its lightweight, portability characteristics, as well as its touch screen, will help patients have greater access to the internet, applications, social media outlets, music, games, GPS and other functions.

Additionally, the iPad will also make it much easier for them to read books and newspapers, which they would not have to pick up anymore.

Eight iPads have been distributed so far to patients with spinal cord injuries, traumatic brain injuries, cerebral palsy and an amputee, with another 12 to this disabled population in Broward County.

“The iPad program has been very successful so far,” Adrian Lauer, program director and assistant director of occupational therapy at NSU said. “It has really made a positive impact on the disabled population, allowing easier access to mainstream technology they have previously struggled with.”

## ORDINARY AMERICANS, EXTRAORDINARY STORIES OF HEALTH AND HUMAN SPIRIT

How would it feel for a wheelchair user to experience the thrill of surfing in the ocean? Tune in to the new television series *Everyday Health*. Each episode profiles ordinary people who overcome extraordinary obstacles and are helping others lead happier, healthier lives. Laila Ali, Ethan Zohn and Jenna Morasca will host the show, which is premiering in over 95% of the country's ABC affiliates, including ABC owned stations. [EverydayHealth.com/TV](http://EverydayHealth.com/TV) will provide additional content and supporting materials. The show is brought to you by the leading online health site, Everyday Health, and will air as part of Liton's Weekend Adventure beginning September 3, 2011.

Each week, *Everyday Health* profiles people who are experiencing a health crisis, or are close to someone experiencing a life-altering health event, who are helping others in a similar situation. Each program addresses a medical condition, sometimes includes a celebrity guest, and always provides a surprise reveal to the person profiled.

Hosted by a trio of health ambassadors—Laila Ali, a world-class athlete, Ethan Zohn, a former professional soccer player and humanitarian, and Jenna Morasca, champion of *Survivor: The Amazon*—the premiere episode features Jesse Billauer and his organization Life Rolls On. At age 17, Billauer had his surfing career cut short following a spinal cord injury which left him a quadriplegic—and there are an average of 6,700 new spinal cord injuries among youth annually. Determined to surf again and help others, he founded Life Rolls On. His organization improves the quality of life for young people affected by spinal cord injuries and utilizes action sports as a platform to inspire infinite possibilities despite paralysis. *Everyday Health* surprises Billauer by hosting an overwhelmingly successful fundraiser, with help from friends including a musical performance by Jason Mraz. Jesse is surprised with an adaptive bicycle, and an adaptive surfboard is also provided by *Everyday Health*.

Original content from each episode will be available at [EverydayHealth.com/TV](http://EverydayHealth.com/TV). It will include in-depth coverage of the medical conditions addressed in each episode, expert interviews, video, images and resources to get involved with any of the not-for-profit organizations profiled. *Everyday Health* is a

30-minute, weekly program which aims to inspire its audience as it educates. Episodes will profile various organizations and conditions, including:

- Life Rolls On, *Spinal Cord Injuries*
- Claire's Place Foundation, *Cystic Fibrosis*
- The Sparkle Effect, *General Disabilities*
- Katie's Krops, *Healthy Nutrition*
- Girl Talk, *Bullying*
- Tanner's Tote, *Cancer*
- Overcoming Disabilities with Canine Assistants, *General Disabilities*
- Childhood Obesity, *Obesity*
- Unified Theater, *Childhood Disabilities*
- Amanda's Healing Hearts, *Children's Cardiac*
- Living with Psoriasis, *Psoriasis*
- DC HIV, *HIV/AIDS*
- Young Women's Breast Cancer Awareness Foundation, *Breast Cancer*
- Eryn's Healing Hearts, *Sickle Cell Anemia*
- Dare2Tri, *Amputees*
- Lupus Foundation of America, *Lupus*
- Prince and Princess Beauty Pageant, *Cancer*
- The Miracle Project, *Autism*
- The Children's Kidney Foundation, *Kidney Failure*
- First Descents, *Cancer*

Trium Entertainment's founder, Mark Koops, creator and executive producer of the hit television series *The Biggest Loser*, is the executive producer of the *Everyday Health* TV series. Everyday Health, Inc., co-founders Ben Wolin, CEO and Mike Keriakos, President, are co-producing. The show is distributed by Litton Entertainment.



*From Center for Accessible Living's New & Notes*  
**CONVERSATIONS WITH CANDIDATES FOR GOVERNOR**

Kentucky is electing a new governor this November and people with disabilities represent the largest voting minority in Kentucky. It's not only your right to vote, it's your civic duty. Your voice, your vote. Find out how the candidates stand on issues important to you, including disability services in Kentucky.

The November 8th election for governor will frame how many critical issues—including education, human services and the environment—will be addressed in Kentucky. Who we elect WILL make a difference.

Come meet those individuals desiring to serve as YOUR next governor. You will learn about them and hear first hand their vision and plans for our state. Speak directly with them and connect with their campaign. Your voice, and your vote, matters.

This Conversations with Candidates for Governor takes place at:

**THE NIA CENTER  
 2900 W. BROADWAY  
 LOUISVILLE, KY  
 SUNDAY, SEPTEMBER 11, 2011  
 4:00-6:00 P.M.**

**DEAN BLAINE HUDSON, MODERATOR**

**STEVE BESHEAR, GOVERNOR (D)  
 DAVID WILLIAMS, SENATE PRESIDENT ( R )  
 GAITWOOD GALBREATH, (I)**

**FREE AND OPEN TO THE PUBLIC.  
 REFRESHMENTS PROVIDED**



## FOR SALE \*\*\*

**2003 Dodge Grand Caravan;** excellent condition—well maintained. 10 inch lowered floor, side entry ramp; removable power driver and passenger seat; multiple securement positions. \$11,900. Call David Allgood @ 550-272.

\*\*\*If assistance is needed to pay for any items **ABOVE** in *For Sale* contact KY Assistive Technology Loan Corporation at 1-800-327-5287 for information on 5% interest loans to qualified individuals.

\***Cookbooks for Sale:** Recipes compiled by Chapter members; \$10:00. Call David @ 585-8574.

\***Video tapes for sale.** Various topics related to spinal cord injuries. Call David Allgood at 588-8574.

♦ **SCI -Shirts for sale.** S, M, L, XL. David—588-8574.

***IF YOU HAVE ITEMS FOR SALE,  
 PLEASE CONTACT DAVID  
 AT 588-8574 OR EMAIL BARB DAVIS  
 AT davis.barbara33@gmail.com***

### **DISABILITY MENTORING DAY (DMD) OCTOBER 19, 2011**

CENTER FOR ACCESSIBLE LIVING IS NOW TAKING CALLS FROM THOSE WISHING TO SHADOW A MENTOR FOR DISABILITY MENTORING DAY. THIS IS AN EXCELLENT CAREER-EXPLORATION OPPORTUNITY FOR THOSE WHO HAVE NEVER WORKED OR FOR THOSE WHO SEEK A CAREER CHANGE DUE TO DISABILITY. IF YOU ARE INTERESTED IN PARTICIPATING IN THIS 2-HOUR MORNING EVENT, CONTACT LARRY HOSEY AT 502-589-6620. FOR MORE INFORMATION ON DISABILITY MENTORING DAY VISIT [www.calky.org](http://www.calky.org).

***Happy Labor Day Picnicking!***



*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**

David Allgood  
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