Meet Magee’s Golden Girl

by Marissa M. Matteo, Public Relations & Social Media Manager

Back in 2011, Michelle Konkoly fell five stories from her dorm room window while studying at Georgetown University, shattering her L2 vertebrae. The Division 1 swimmer relearned how to walk at Magee, but she still dealt with weakness in her legs. She discovered paraswimming and the rest, as they say, is history. Michelle conquered the medal stand at the 2016 Paralympic Games in Rio de Janeiro, Brazil, winning medals in four events: 2 gold, 1 silver, 1 bronze. This fall, Michelle visited Magee patients to offer encouragement and share her story. Here, Michelle reflects on her Team USA experience in her own words:

Rio was everything I could have asked for and more. It is truly a journey unlike any other. I had a hard time comparing life in the Village to anything I’ve ever experienced before. More than anything, this experience showed me how Team USA becomes your family. Bonding with my teammates through thick and thin was certainly a highlight of the Games.

After my great swims at Trials, I knew that I had fast times in me. Those are the paces I’ve been training towards for the past two years, so I knew I was prepared to go close to world record times. My biggest concern was whether I’d be able to repeat those performances under the stressful conditions at the Games, especially since this was my first Paralympics. After my first race, though, I was right on my best time during prelims of the 100m freestyle. I knew I was going to be just fine!

The 4x100m free relay was definitely the most memorable race I competed in. All four girls in the relay split lifetime best times, and we actually swam under the World Record pace, though Australia beat us out for the gold. Plus, earlier in that session, my relay-mate Lizzi Smith had the swim of her life in the 100m fly, but got 4th by 0.01. We all wanted to get Lizzi up on the podium for the relay, so we really bonded together as a team and swam with heart!

I didn’t get to watch any other events in person, but I did hang in the Athlete Lounge in our building in the village often and watched other sports, often with other Team USA athletes. It was awesome to get the play-by-play of what was happening in track or wheelchair basketball from athletes who compete in those sports. I also got to meet some Olympians at the White House visit which was neat, since we don’t often cross paths.

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Upper Extremity Reconstruction Program

The Upper Extremity (UE) Reconstruction Program of the Regional Spinal Cord Injury Center of the Delaware Valley (RSCICDV) continues to be available for persons with ANY neurologic diagnosis that presents with a problem in their upper limb. Magee Occupational Therapy staff collaborate with the Rothman Institute and Thomas Jefferson University Hospital, to provide a clinical program that focuses on problems with upper extremity neurologic dysfunction.

We are pleased to offer the continued services of two Rothman Institute surgeons specializing in rehabilitation of the upper extremity – Dr. Charles Leinberry, specializing in hand through elbow, and Dr. Surena Namdari, specializing in shoulder through elbow. Both surgeons and the Magee Occupational Therapy staff will be available for monthly clinics held at Magee Rehab’s Main Hospital in the first floor Follow Up Clinic, on the 3rd Wednesday of each month. Magee’s Case Managers also play a critical role in helping individuals sort out the resources necessary to benefit from this program.

The UE Reconstruction Program focuses on issues related to skeletal reconstruction, tendon releases, or tendon transfers covering the shoulder down through the hand. The goal is to enhance function of the arm and hand.

They can see either inpatients or outpatients, for either evaluation or surgical consideration. Persons with any diagnosis can be referred. These clinic evaluations can result in any of the following:

• Recommendation for therapy intervention only
• Recommendation for therapy first, possible surgery to follow
• Recommendation directly to surgery, with subsequent therapy follow up.

If you would like more information on accessing this Clinical Evaluation program, please contact the Upper Extremity Clinic at (215) 587-3116.

Regional Spinal Cord Injury Center of the Delaware Valley Retains Spinal Cord Injury Model System Status

The Regional Spinal Cord Injury Center of the Delaware Valley (RSCICDV), a collaboration between Thomas Jefferson University and Magee Rehabilitation Hospital, was awarded a 5-year grant by the National Institute on Disability, Independent Living and Rehabilitation Research to continue as a Spinal Cord Injury Model Systems Center. The RSCICDV, one of only 14 Centers in the nation to receive this award, has been continuously funded since 1978. The Spinal Cord Injury Model Systems conduct research, provide education, and disseminate information with the goal of improving long-term functional, vocational, cognitive, and quality-of-life outcomes for individuals with spinal cord injuries. All Centers contribute to the National SCI Database, the largest and longest longitudinal multicenter database in the world, which currently contains demographic and outcomes data for over 31,000 people with SCI. Information on Center activities can be found at the RSCICDV website, www.spinalcordcenter.org.

Meet Magee’s Golden Girl

Unfortunately we didn’t get to see Rio at all, since swimming lasts the entire duration of the Games. I was in Rio in April, though, for a Test Event, and we got to spend an afternoon on the beach at Copacabana, which was certainly a highlight of the trip. My family got to do some great sightseeing, so I loved hearing about their Brazilian adventures!

I’m currently on a deferral from medical school – I’ll start at Thomas Jefferson University in Philadelphia in August. Until then, I plan to spend the year traveling for speaking engagements, events, and pleasure!

Everyone at Magee congratulates Michelle on her outstanding accomplishment. Michelle wrote a monthly “Road to Rio” blog series for the Believe@Magee blog. To read more, visit blog.mageerehab.org.
Capabilities of Upper Extremity — Ongoing Research

The Spinal Cord Injury Center has received a two-year grant from the Craig H. Neilsen Foundation to continue development of an objective evaluation of arm and hand function in people with cervical spinal cord injury.

Currently there is not an accepted standard test for upper extremity function to evaluate the effectiveness of interventions. We have already developed a standardized assessment, called the Capabilities of Upper Extremity Test (CUE-T), which has demonstrated good test-retest reliability in people with chronic spinal cord injury. Now we are testing people who have recently been injured or who are about to have surgery to improve arm or hand function, in order to determine how well the CUE-T detects changes in their ability to use their arms and hands.

We have recruited researchers from Case Western–Metro Health in Cleveland, OH; Shepherd Center in Atlanta, GA; and Frazier Rehabilitation Center in Louisville, KY to work with us on the project.

Thank you to all the participants who volunteered for preliminary testing of the CUE-T. We couldn’t have gotten to this point without you. For any questions concerning this research or if you think you may be a candidate for this phase of the study, please contact the RSCICDV at (215) 955-6579.

Mobile Gaming for Individuals with Spinal Cord Injury/Dysfunction

We are conducting a study to see how well the mobile gaming app SCI Hard does in promoting health among individuals with spinal cord dysfunction.

To participate, you will need to:

• Be between 13 and 29 years old
• Be willing to download and play the game
• Have an Apple or Android mobile device to play the game.

You can earn up to $100 for completing the study.

To join or for more information, send an email to Sci-hardgame@umich.edu.

Ongoing Research of the RSCICDV Staff


2. Responsiveness of the Capabilities of the Upper Extremity Test. Sponsor: Craig H. Neilsen Foundation

3. Predicting neurological recovery after traumatic spinal cord injury (SCI). Sponsor: NIDILRR supported through SCI Model System of Care


5. Zoledronic Acid to prevent bone loss after acute spinal cord injury. Sponsor: NIDILRR supported through SCI Model System of Care

6. Nursing Assessment of Bladder and Bowel Symptoms in the NeuroRehabilitation Continuum (NABB). Sponsor: Greater Philadelphia Chapter (GPC) of the Association Rehabilitation Nurses

7. Early Diagnosis of Pressure Ulcers by Noninvasive Diffuse Near-Infrared and Correlation Spectroscopy. Sponsor: Dept of the Army Medical Research


Participants Needed for Research Study

Physical Activity Monitors for Individuals with Spinal Cord Injury

The Department of Physical Therapy at Temple University is conducting a research study to improve physical activity measurement in individuals with spinal cord injury in the community.

You may be eligible if you’re an individual with spinal cord injury who...

- Is between 18 and 65 years of age
- Use a manual wheelchair
- Is at least 6 months post injury and medically stable
- Has experience using a smartphone.

You will be using a smartphone based physical activity monitor system that will measure your physical activity in the community for three months. You will also be required to answer questions related to your physical activity on a regular basis.

Participants can receive up to $20 per week for three months of the study and $60 for interviews.

You will be required to make three visits either at your home or at Temple University, based on your choice.

If interested, please contact Dr. Shivayogi Hiremath at (215) 204-0496 or Shiv.Hiremath@temple.edu

Publications/Presentations by RSCICDV Staff

Publications


Presentations

Academy of Spinal Cord Injury Professionals, Nashville, TN, September 4-7, 2016


2. Marci Ruediger, PT, MS and Julie Beece, MSN, RN, CRNN, CWOCN. Innovations to Stop Pressure Ulcers among Patients at Critically High Risk for Pressure Ulcer Development in Rehabilitation: A Multidisciplinary Approach – Presentation.

3. Gina Cooke, MS, OTR/L, ATP. Developing an Upper Extremity Clinic for the Neurological Client – Poster.


5. Marci Ruediger, PT, MS. Update on SCI Medical Home Demonstration project – Presentation.

6. Trisha Hicks, LSW, MEd. Point-Counter Point Case Scenarios (Sexuality Case) – Panel Discussion.

1. Mary Schmidt Read, PT, DPT, MS. Use of Technology for the Rehabilitation Client – Presentation
3. Barbara Miller, RN, CRRN and Cay Ambrose. RN to Home Care CRRN Continuum of Care for the Rehabilitation Client; A collaboration between an Acute Rehabilitation Hospital and Home Care Agency – Presentation
4. Janice Schuld, MSN, CRNP, CRRN, ANP-BC. Starting At The End: Advantages To Discussing Discharge Planning At Family Meetings – Poster
5. Gina Cooke, MS, OTR/L, ATP; Amy Flemming, MS, OTR/L; Reem Issa, BSN, RN; Nia Lawson, BSN, RN; Deb Long, MSN, RN, CRRN; Janice Schuld, MSN, CRNP, CRRN, ANP-BC. Team Approach to Patient-Centered Neurogenic Bladder Management – Poster
6. Karen Fried, MSN, RN, CRRN and Marci Ruediger, PT, MS. Utilizing a Specialized Medical Home Model to Improve Outcomes for SCI Patients – Presentation

Paralyzed Veterans of America, Orlando, FL, August 30-September 1, 2016

1. Marci Ruediger, PT, MS; Deb Long, MSN, RN, CRRN and Holly Stevens, RD, LDN. Innovations to Stop Pressure Ulcers among Patients at Critically High Risk for Pressure Ulcer Development in Rehabilitation: A Multidisciplinary Approach – Presentation
2. Karen Fried, MSN, RN, CRRN and Marci Ruediger, PT, MS. Utilizing a Specialized SCI Medical Home Model to Improve Outcomes Post-Discharge from Rehabilitation - Presentation

American Spinal Injury Association, Philadelphia, PA, April 14-16, 2016

1. Kristen Gill, OTR/L, CBIS and Andrew Stametlos, PT, DPT. Utilizing High-Intensity Interval Training as a Therapeutic Intervention for Patients on Prolonged Bedrest Following Skin Flap Surgery: A Case Report - Poster

3. Dr. Christopher Formal, Dr. Sonagere and Dr. Petrin. How Long Can a Patient Remain ASIA B after Trauma and Still End Up ASIA D? A Case Report of Delayed Motor Recovery - Poster
4. Gina Cooke, MS, OTR/L, ATP; Amy Flemming, MS, OTR/L; Reem Issa, BSN, RN; Nia Lawson, BSN, RN; Deb Long, MSN, RN, CRRN; Janice Schuld, MSN, CRNP, CRRN, ANP-BC. Team Approach to Patient-Centered Neurogenic Bladder Management – Poster
5. Laurajean Kudatzky, PT, DPT, ATP and Amanda Weeks, MS, OTR/L, ATP. Integrating a Seating Clinic into a Pressure Ulcer Prevention Program – Presentation
6. Naoko Otsuji-Miwa, BSN, RN, CRRN, CWO CN; Kelly Adair, LSW, MSW; Julianne Rece, MSN, RN, CRRN, CWO CN; Evelyn Phillips, MS, RD, LDN, CDE. Risk of Pressure Ulcer Development Associated with Ambulance Transport of Acute Rehabilitation Patients with Spinal Cord Injury, a Case Report – Presentation
7. Marci Ruediger, PT, MS; Amy Bratta, PT, DPT; Julie Rece, MSN, RN, CRRN, CWO CN; Holly Stevens, RD, LDN. Innovations to Stop Pressure Ulcers among Patients at Critically High Risk for Pressure Ulcer Development in Rehabilitation: a Multidisciplinary Approach – Presentation
8. Mary Schmidt Read, PT, DPT, MS. Workshop on Performing the International Standards for the Neurological Classification of Spinal Cord Injury - Workshop

4th Annual Summit on Safety and Quality for Rehabilitation Hospitals, Baltimore, MD, April 2016

1. Karen Fried, MSN, RN, CRRN; Debra Formal, RN, BSN, CRRN; Vernice Wooden, MSSA, LSW. The Spinal Cord Injury Medical Home – Lessons Learned from this Novel Approach to Care.

Participants Needed for Research Study

Factors Associated with Shoulder Pain in Manual Wheelchair Users with Spinal Cord Injury

The Department of Physical Therapy and Rehabilitation Science at Drexel University is conducting a study to detect impairments prior to the onset of shoulder pain in an effort to reduce the subsequent decline in activity and participation levels. The specific goals of this investigation are to identify physical factors associated with shoulder pain in manual wheelchair users and identify specific neuro-musculoskeletal impairments that predict development of shoulder pain.

You may be eligible to participate in this study if you:
• Have a history of Spinal Cord Injury (SCI) and use a manual wheelchair for at least 75% mobility;
• Are at least 18 years old;
• Do not have a history of upper extremity fracture, dislocation, or surgery;
• Are not pregnant.

Testing is non-invasive and requires you to perform simple arm motions. You may receive up to $75 in compensation for your time and effort along with $15 to support transportation.

The testing takes place in the 2nd floor of the 3 Parkway Building on Drexel University’s Center City Campus, 1601 Cherry Street, and takes approximately 2.5 hours.

For more information contact Dr. Margaret Finley at (267) 359-5583 or mat378@drexel.edu.
SCI Young Adult Group

The Spinal Cord Injury (SCI) Young Adult Group was developed in 2014 to provide individuals with SCI the opportunity to improve their quality of life once formal rehabilitation services have ended. The group’s main goal is to encourage young adults with spinal cord injuries to get back to their pre-injury lifestyle, while using a wheelchair in the community. It also provides the opportunity for the newly injured young adult to access the community as a group which helps decrease social anxiety, encourage independence and promotes self-advocacy. Our group also strives to promote self-growth in all aspects of life for its members.

This group meets every other month and plans an outing for the following month. Our members have been involved with over 12 outings ranging from sporting events and movies to adaptive surfing. We currently have 25 active members.

Please visit our Facebook page: https://www.facebook.com/groups/sciyoungadults for updates on events, to give ideas/suggestions, provide feedback, and connect with others. The group is supported by a grant funded by the Widener Foundation.

Nancy’s House gives caregivers the tools and strategies they need to stay stronger and healthier while caring for their ill loved ones. Through their programs, community-building, and advocacy, Nancy’s House breaks the isolation and exhaustion of caregiving.

Nancy’s House creates the opportunity for caregivers to step out of their stressful lives, connect with others walking the same path, and experience what it feels like to let go. They empower caregivers to pay attention to their own needs and learn skills to stay calmer and healthier back in their home lives.

Whether in a three-day or one day retreat, or speaking with a community group, Nancy’s House creates the opportunity for experiential, long-lasting learning. They don’t just give advice, telling caregivers what to do – they work together with caregivers, helping guests to experience true connection, relaxation, and renewal.

To find out about upcoming retreats or for more information, visit http://nancys-house.org

New Entrepreneurship Program Offered Through Villanova University/Magee Partnership

The Villanova University Office of Disability Services and the Villanova College of Professional Studies, in partnership with Magee Rehabilitation Hospital will offer a new entrepreneurship program specifically for people living with disabilities. All patients and former patients of Magee are eligible for this program.

VU Seed is a one-week intensive training program that will take place in March, 2017 on the campus of Villanova University. The program will cover:

- Introduction to business ownership
- Aptitude and Attitude Evaluation for potential entrepreneurs
- New Concept creation
- Basic Training in starting a new business
- One-on-one Mentorship by business professionals
- Business Plan development
- Financing a start-up business

The program will be offer in a 5-day seminar atmosphere at the Villanova Conference Center in March, 2017. The program is free and we are seeking students who have the drive and interest to one day start their own business.

Please contact Dr. Steve McWilliams at (610) 519-4095 or stephen.mcwilliams@villanova.edu.
SPINAL CORD INJURY SUPPORT

SCI Peer Mentor Program

Through the SCI Peer Mentor Program at Magee, people who are living with a life-changing disability have the opportunity to talk with someone with a similar disability who has not only adjusted but is living a good life again. Peer mentors provide a picture of what is possible and share tips and resources that have helped them along the way.

The Peer Mentor Program at Magee consists of specially trained volunteers who have survived a spinal cord injury, and have learned to cope with their disability. Peers are matched based on level of injury, social situations, age, gender, marital status, recreational interests, and vocational experience. There are also specialty areas for peers with experience in ostomies and wounds. In addition to one-on-one mentors, the Peer Mentor Program offers support in group settings:

The SCI Family Peer Support Group Specially-trained families who have experienced the disability of a loved one. They share their experiences, insights, and coping strategies with those who are new to Magee and the spinal cord injury experience. The family group is held twice monthly on Wednesday at 6 pm at Magee.

The SCI Resource and Support Group provides opportunities for individuals with a spinal cord injury, as well as their family and friends, to interact and relate on a level where everyone “gets it.” Through discussions, resources are shared, support is given, and a great camaraderie is born. This group meets on the second Thursday of each month at 6 pm at Magee.

For more information on the SCI Peer Mentor Program and Support Groups, please contact Marie Protesto, RN, BSN at (215) 587-3174 or Ruth Black, LCSW at (215) 587-3030 or email peers@mageerehab.org.

The Addictions Mentor Program

The Addictions Mentor Program at Magee Rehabilitation Hospital is designed to offer Magee Patients who struggle with drug and/or alcohol concerns an opportunity to talk with a volunteer who has experience with addictions issues.

Addictions mentors can:

• Offer support
• Accompany patient to AA/NA meetings held at Magee Rehabilitation Hospital
• Share information and resources
• Help patients connect to local AA/NA groups and sponsors in their communities and, if appropriate, continue to sponsor patients beyond Magee.

If you are interested in becoming an Addictions Mentor Volunteer, please contact Ruth Black, LCSW at rblack@mageerehab.org or (215) 587-3030.

SCI Peer & Family Peer Mentors Wanted!

Have you or a loved one had a spinal cord injury? Would you like to make a difference in someone’s life? Become an SCI Peer Mentor or Family Peer Mentor!

The Peer Mentor Program is looking for experienced survivors willing to:

• Talk with current inpatients,
• Listen and help them grieve, and
• Offer practical tips and be a support system.

This program requires:

• 2 training sessions,
• Visits and follow-up phone calls, and
• Yearly PPD and seasonal flu shots.

For more information, please contact:

Marie Protesto, RN, BSN
SCI Peer Coordinator
(215) 587-3174 or Ruth Black, LCSW
SCI Family Peer Coordinator
(215) 587-3030 or email peers@mageerehab.org.

Stay in the Know! Join the E-Community

Get useful info from Magee’s Peer Coordinators delivered straight to your inbox. New innovations, research opportunities, classifieds, and more are shared with people with spinal cord injury, brain injury, stroke, and amputation in the E-Community. You can also ask questions of the Peers and might even see the answers in the “Ask a Peer” section of the believe@Magee blog.

To join the E-Community, email peers@mageerehab.org with your name and diagnosis.
Magee Wheelchair Sports Invites YOU to come out and PLAY!

Team Magee believes it is important to provide opportunities for our former patients and other individuals with disabilities living in the Delaware Valley to stay active, engaged, and healthy. Participating in wheelchair sports is one way to do that!

Did you know that Magee has teams that practice and play wheelchair basketball, rugby and tennis every week? Did you know that participation in these programs is FREE?

Some people come out just to get out of the house and get a good workout, and some compete in tournaments and competitions all across the country. Whichever option interests you, we invite you to join us! Here is information about our teams and how you can come out to check out a new sport:

Magee Co-ed Wheelchair Sports Teams

**BASKETBALL: MAGEE SIXERS SPOKESMEN**

Practices are held every Wednesday evening from 6:30 pm – 9 pm (Sept. – May).
Location: Carousel House (corner of Belmont Ave. & Ave. of the Republic, Philadelphia, PA 19131)

**RUGBY: MAGEE EAGLES**

Practices are held Tuesday evenings from 6:30 pm – 9 pm (Sept. – May).
Location: Carousel House

**TENNIS: MAGEE WHEELCHAIR TENNIS TEAM**

Practices are held each Sunday from 12 pm – 2 pm (10 am – 12 pm in the summer).
Location: Cherry Hill Health & Racquet Club (1820 Old Cuthbert Road, Cherry Hill, NJ 08034)

**RACING:**

For more info contact sports@mageerehab.org or (215) 587-3412.

Our wheelchair athletes are also ambassadors in the community and have showcased their sports at schools and community centers in the Philadelphia area.

If you are interested in having a wheelchair sports demonstration at your event, please call (215) 587-3412.

Want to volunteer to help our athletes? We are always recruiting volunteers to assist at practices and tournaments.

To learn more or to get involved as an athlete or a volunteer please call (215) 587-3412 or email sports@mageerehab.org

Upcoming Adaptive Sports Events & Organizations of Interest

- **PA Center for Adaptive Sports:** Promotes adapted recreation, and sport opportunities for persons with physical and neurological disabilities. Rowing, Cycling and Skiing. www.centeronline.com
- **IM ABLE Foundation:** Created to build on the active lifestyles that founder, Chris Kaag, promotes for individuals with disabilities. www.getupandmove.org
- **Magee Wheelchair Tennis Tournament:** Please check our website for announcement of dates and location. www.mageerehab.org/community

Legal Clinic for the Disabled

The Legal Clinic for the Disabled provides free legal services to low-income people with physical disabilities in Philadelphia, Bucks, Chester, Delaware, and Montgomery Counties, Pennsylvania.

Since 1990, the Legal Clinic for the Disabled, a 501(c)(3) non-profit corporation with offices at Magee Rehabilitation Hospital, has helped thousands of people.

- We help victims of domestic violence get legal protection from their abusers.
- We represent victims of identity theft and consumer fraud.
- We help parents and caregivers access healthcare for their children.
- We write wills, powers of attorney, and living wills.

Most of our clients experience physical limitations in their daily activities, and many have suffered catastrophic injuries or illnesses like stroke, spinal cord or brain injury, multiple sclerosis, cancer, advanced diabetes, glaucoma, AIDS, amputation, or epilepsy. Our services help them overcome legal problems and continue living comfortably and independently in the community.

For more information about our clinic, please visit us at: www.lcdphila.org.
Opinion: One Local Institution Learns the Meaning of ‘Reasonable Accommodations’ under the Americans with Disabilities Act

In federal court in Philadelphia the Honorable Gerald McHugh called out the Franklin Institute on its demeaning and discriminatory practices in dealing with those living with disabilities who wish to participate in the programs it offers the community, and for slipping and sliding around the dictates of the American with Disabilities Act (ADA). Judge McHugh’s opinion, which validates both the letter and the spirit of the ADA, should serve as a rallying cry to the disability community.

Michael Anderson is one of the many individuals in our community living with severe disabilities. He requires the use of a wheelchair and a personal care attendant (PCA) twenty-four hours a day, seven days a week. There was a time in this country when Michael would have been institutionalized rather than living in the community enjoying such pleasures as a visit to Philadelphia’s renowned Franklin Institute. His PCA is a service that is required if he is to remain in the community. It is not a trivial preference.

When Michael tried to visit the Franklin Institute with his full-time PCA, he was told that his aide had to pay admission. When he challenged that discriminatory practice in federal court under the ADA, the museum analogized Mr. Anderson’s request to a parent asking for free admission to the museum when accompanying a child. Judge McHugh, took issue with this comparison, and in a May 6, 2016 excoriating opinion, found it had violated the ADA and ordered the museum to discontinue its discriminatory practices by granting free admission to all PCAs accompanying people with severe disabilities.

The community at large should be outraged by the Franklin Institute’s policy, and response to Michael’s request to visit without having to pay an additional cost for his PCA. We should not be shocked, however. Those working in the disability community frequently witness the disparate treatment of those with disabilities. Indeed, one wonders why there are not more lawsuits pending for ADA violations. As of this writing, there are 864,772 civil rights suits pending in the federal courts; however, less than 4% of them are for ADA violations. This ratio in Pennsylvania is even more diminished where only 1.5% of the 50,909 civil rights suits are for discrimination under the ADA. These numbers appear incongruent with the U.S. Census Bureau’s recent report that 56.7 million Americans—or 19% of the population—have a disability. The fact is that more than 25 years after its enactment, the ADA is far underutilized, and many misconceptions regarding its application remain. As a result, institutions, such as the Franklin Institute, are ignorant of, or just ignore the standards of conduct to which they should abide. The Franklin Institute does not see the gross insult in comparing an adult man with disabilities and his aide to a child with her parent. Such infantilization of people with disabilities happens every day, and it should and can be stopped.

Judge McHugh recognizes that in some scenarios, in order to be treated equally, people with disabilities need to be given preferential treatment. After all, we give students with learning disabilities extra time to complete tests not to give them an advantage, but to level the playing field. This concept should be obvious in its application to those living with severe disabilities, yet it clearly was not to the Franklin Institute. And, its response when challenged is troubling — its unapologetic discrimination as seen in its practices and defense to this litigation makes clear that valued and important institutions like the Franklin Institute have not devoted time or resources to learning about its obligations, as a public facility, to accommodate the special needs of people living with disabilities in the community.

It is sad to see that it took court action to bring the Franklin Institute in line with its responsibilities under the ADA. It is equally sad to believe that the only way to bring these practices into uniformity, achieve equality for people with disabilities, and raise awareness of this issue is by filing more ADA discrimination suits. Perhaps as more jurists weigh in, people with disabilities, like Mr. Anderson, will stop being excluded from cultural, commercial and community activities, and embraced as valued members of our society.

Ben Feldman
Staff Attorney,
Legal Clinic for the Disabled, Inc.

Linda Peyton
Executive Director,
Legal Clinic for the Disabled, Inc.

“Tell me and I forget, teach me and I may remember, involve me and I learn.”
— Benjamin Franklin
COMMUNITY PROGRAMS

Patient Resource Center

The Patient Resource Center is located on the 2nd floor of the Main Hospital. The Patient Resource Center is open to patients, their visitors and staff. The Patient Resource Center has tons of interesting fiction, a number of best seller books, romance, mystery as well as a broad selection of relevant profession periodicals. The Resource Center also has an assortment of DVDs. Computers with touch screens are available.

Please allow us the opportunity to provide you with extraordinary customer service and an enviable user friendly environment.

You may contact Venus Bradley at (215) 587-3146 with any questions, concerns or suggestions.

Think First

To help prevent disabling head and spinal cord injuries among children, teens, and young adults, Magee’s Think First Program holds dynamic presentations at schools. Our program is part of the nationally coordinated Think First program. Presentations consist of a video, injury prevention lessons, and testimonials from adults with disabilities.

If you have a spinal cord injury or brain injury and are interested in changing behaviors and saving lives, please consider joining Think First and speaking to students. Since Magee values your experience, we will reimburse you for your time.

If you are interested or know of a school that would like to host one of our assemblies, please call Keith Newerla, Community Programs Coordinator, at (215) 587-3412.

Spinal Cord Society

The Spinal Cord Society is a large grass roots organization with thousands of members throughout North America and other countries. Its goal is cure of chronic spinal cord injury paralysis.

The Spinal Cord Society puts 100% of its funding into research for the cure of spinal cord dysfunction. The Spinal Cord Society meets at Magee Rehabilitation Hospital at 1 pm on the first Saturday of every month. If you would like to support this research, consider attending one of these meetings.

For more information, please contact Chris Cellucci at cellucci@ursinus.edu or (610) 296-7429, or Dennis Ledger at dledger@csc.com or (856) 468-4401.

MAGEE PEER MENTOR PROGRAMS

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<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>SCI PEER</td>
<td>One-to-one with someone with a similar disability who has not only adjusted but is living a good life again. Matches can be based on level of injury, age, gender, marital status, recreational interests, and job experience. There are also specialty areas for peers with experience with ostomies and wounds.</td>
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<td>Please contact Marie Protestant at (215) 587-3174 or <a href="mailto:mprotesto@magererehab.org">mprotesto@magererehab.org</a></td>
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<tr>
<td>SCI FAMILY PEER</td>
<td>One-to-one meeting with the loved one of someone with a spinal cord injury. Can meet in person, by phone or email to share experiences, insights and coping strategies.</td>
<td>Please contact Ruth Black at (215) 587-3030 or <a href="mailto:rblack@magererehab.org">rblack@magererehab.org</a></td>
</tr>
<tr>
<td>AMP-PEERS</td>
<td>Individuals who have had amputations volunteer their time to encourage and offer advice. Matches can be made according to level, age, gender, social roles, and recreational interests.</td>
<td>Please contact Sonya Dibeler at (215) 587-3205 or <a href="mailto:sdbeler@magererehab.org">sdbeler@magererehab.org</a></td>
</tr>
<tr>
<td>STROKE PEERS &amp; FAMILY PEERS</td>
<td>Individuals are available to meet one-to-one to answer questions regarding life after a stroke. They have various levels of disability as well as life experiences. Family and loved ones are also available to meet one-to-one.</td>
<td>Please contact Sonya Dibeler at (215) 587-3411 or <a href="mailto:sdbeler@magererehab.org">sdbeler@magererehab.org</a></td>
</tr>
<tr>
<td>TBI PEERS &amp; FAMILY PEERS</td>
<td>Individuals are available to meet one-to-one to answer questions regarding life after a traumatic brain injury. They have various levels of disability as well as life experiences. Family and loved ones are also available to meet one-to-one.</td>
<td>Please contact Sonya Dibeler at (215) 587-3411 or <a href="mailto:sdbeler@magererehab.org">sdbeler@magererehab.org</a></td>
</tr>
<tr>
<td>ADDICTIONS PEERS</td>
<td>Offers those who struggle with addiction issues the opportunity to talk with a specially trained person who has experience as an addictions advocate.</td>
<td>Please contact Ruth Black at (215) 587-3030 or <a href="mailto:rblack@magererehab.org">rblack@magererehab.org</a></td>
</tr>
</tbody>
</table>
### SUPPORT GROUPS AND PROGRAMS

#### STROKE

<table>
<thead>
<tr>
<th><strong>STROKE FAMILY CARE GROUP</strong></th>
<th>Inpatient and outpatient survivor and family members</th>
<th>Inpatient and outpatient survivor and month from 6:00–7:30 pm at Magee Rehab Hospital.</th>
<th>Please contact Sonya Dibeler at (215) 587-3411 or <a href="mailto:sdibeler@mageerehab.org">sdibeler@mageerehab.org</a>.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WENDKOS STROKE CLUB</strong></td>
<td>Monthly meetings include: Social events, educational activities, outings, and peer support.</td>
<td>11:00 am at Magee Rehab Hospital on the first Tuesday of each month.</td>
<td>Please contact Fritz Louis Jean at (215) 587-3180 or <a href="mailto:flouisjean@mageerehab.org">flouisjean@mageerehab.org</a>.</td>
</tr>
<tr>
<td><strong>APHASIA SUPPORT GROUP</strong></td>
<td>Participants meet others with similar impairments and share strategies.</td>
<td>First Tuesday of the month from 1:00–2:30 at Magee Rehab Hospital.</td>
<td>Please contact Ashley Owens at (215) 587-3484 or <a href="mailto:aowens@mageerehab.org">aowens@mageerehab.org</a>.</td>
</tr>
</tbody>
</table>

#### MULTIPLE SCLEROSIS

<table>
<thead>
<tr>
<th><strong>SUPPORT GROUP</strong></th>
<th>This group provides support and resources necessary to maintain optimal health and wellness.</th>
<th>Second Wednesday of each month from 12:00–1:00 at Magee Rehab Hospital. Light refreshments &amp; snacks are provided.</th>
<th>Please contact Kaitlyn O'Sullivan at (215) 587-3106 or <a href="mailto:kosullivan@mageerehab.org">kosullivan@mageerehab.org</a>.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HEALTHY LIVING PROGRAM</strong></td>
<td>This program provides structured education on topics of group interest; includes exercise classes, art therapy, cognitive activities, etc.</td>
<td>Every Thursday from 9 am–12:30 pm at Magee Riverfront Outpatient Center. Program cost $10 per month.</td>
<td>Please contact Colleen McAllister at (215) 218-3903 or <a href="mailto:cmacallister@mageerehab.org">cmacallister@mageerehab.org</a>.</td>
</tr>
</tbody>
</table>

#### AMPUTATION

<table>
<thead>
<tr>
<th><strong>SUPPORT GROUP</strong></th>
<th>This group consists of social meetings and events in addition to guest speakers on a variety of topics.</th>
<th>Second Tuesday of each month at 4:30 pm at Magee Rehab Hospital.</th>
<th>Please contact Kristine Stryd at (215) 587-3106 or <a href="mailto:kstryd@mageerehab.org">kstryd@mageerehab.org</a>.</th>
</tr>
</thead>
</table>

#### BRAIN INJURY

<table>
<thead>
<tr>
<th><strong>BRAIN INJURY FAMILY CARE GROUP</strong></th>
<th>Outpatient survivors and family members.</th>
<th>First Wednesday from 6:00–7:00 pm at Magee Rehab Hospital.</th>
<th>Please contact Sonya Dibeler at (215) 587-3411 or <a href="mailto:sdibeler@mageerehab.org">sdibeler@mageerehab.org</a>.</th>
</tr>
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</table>

#### SPINAL CORD INJURY

<table>
<thead>
<tr>
<th><strong>FAMILY PEER GROUP</strong></th>
<th>Inpatient and outpatient family members.</th>
<th>Two Wednesdays each month from 6:00–7:00 pm at Magee Rehab Hospital.</th>
<th>Please contact Ruth Black at (215) 587-3030 or <a href="mailto:rblack@mageerehab.org">rblack@mageerehab.org</a>.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RESOURCE &amp; SUPPORT GROUP</strong></td>
<td>Outpatient and inpatient survivors and family members.</td>
<td>Second Thursday of each month at Magee Rehab Hospital from 6:00–7:30 pm. Pizza &amp; dessert provided.</td>
<td>Please contact Marie Protesto at (215) 587-3174 or <a href="mailto:peers@mageerehab.org">peers@mageerehab.org</a>.</td>
</tr>
<tr>
<td><strong>YOUNG ADULT SOCIAL GROUP</strong></td>
<td>Anyone with a spinal cord injury ages 18–31.</td>
<td>Meets monthly at Magee Riverfront Outpatient Center to plan an event and then partake in event.</td>
<td>Please contact Joann Rudi at (215) 218-3912 or <a href="mailto:jrudd@mageerehab.org">jrudd@mageerehab.org</a>.</td>
</tr>
</tbody>
</table>
Keeping Individuals with Disabilities Connected to Magee News, Research, and Community Programs

The Magee LINK

Magee’s Locomotor Training Clinic
Invites you to join us in the 4th Annual “Walk It Out” 24 hour Step-A-Thon
Friday, April 7th to Saturday, April 8th, 2017
4pm to 4pm @ Magee Riverfront