At Magee, schooling isn’t put on hold while patients are receiving therapy. In fact, many patients receive on-site tutoring at Magee so they can keep up with their studies.

The Adolescent and Young Adult Program helps Magee’s young patients stay active in school, advance academically, and graduate on time – all while receiving intensive rehabilitation therapy and clinical care. Guided by Vilma Mazziol, MS, LPC, CRC, Adolescent and Young Adult Educational and Vocational Coordinator, the following patients continued their schooling while at Magee and earned their diplomas this year. Everyone at Magee congratulates the Class of 2017 and wishes them all great success.

**Madeline Duffy** Madeline, who received homebound tutoring as an inpatient and then continued after she was discharged, attended her commencement ceremony on June 6, 2017 and received a standing ovation from her fellow classmates at Bayard Rustin High School in West Chester, PA. Madeline went on to outpatient therapy at Magee Riverfront, and staff surprised her with a graduation party the day after her ceremony.

**Shannon Lord** Shannon received her diploma from Sussex Technical High School in Georgetown, DE on June 1, 2017 while an inpatient at Magee. A diploma presentation from her teacher and a party were held at Magee’s new Creative Therapy Center and Healing Gardens on the 6th floor rooftop, with many of Shannon’s family, friends, and Magee staff in attendance.

**Joshua Mitchell** Joshua received his high school diploma on June 9, 2017. His guidance counselor from Springfield High School came to Magee to personally present Joshua with his diploma. Family and staff members were present to congratulate Joshua on his graduation.

**Kevin Smith** Kevin received homebound instruction while he was an inpatient and proudly received his diploma from Samuel Fels High School on April 6, 2017 with his “Magee family.” A birthday party and a diploma presentation were combined to celebrate Kevin’s incredible progress.

The contents of this newsletter were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90SI502401-01-00). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this newsletter do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government. It is also supported in part by the Friends of Jerry Segal.
Aniya Wolf
Aniya was presented her high school diploma on June 16, 2017 with her family and Magee staff in attendance on the beautiful 6th floor rooftop. Aniya was able to complete her remaining coursework from Commonwealth Charter Academy in Harrisburg, PA while she was an inpatient. The Adolescent Counselor was able to get her school credit for her health, photography, and career planning classes through her therapies at Magee. A graduation party was held to congratulate Aniya.

The Adolescent and Young Adult Program is generously supported by The Wawa Foundation, The Lindback Foundation, and by individual donors.

Magee Ranked #13 Nationwide in Rehabilitation by U.S News & World Report
Magee Rehabilitation Hospital is honored to be chosen as a Best Hospital in Rehabilitation for 2017-18 by U.S. News & World Report. Magee is nationally ranked #13 in Rehabilitation this year.

U.S. News evaluates more than 4,500 medical centers nationwide for its annual Best Hospitals rankings. Honorees are selected based on risk-adjusted survival and readmission rates, volume, patient experience, patient safety, quality of nursing care, and other care-related indicators.

With nationally recognized programs in spinal cord injury, brain injury, stroke and amputation, Magee staff works every day to bring patients back to their best possible way of life.

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.

Cardiometabolic Research Study
The RSCICDV is collaborating with other SCI Model Systems Centers on a research project that seeks individuals with spinal cord injuries resulting in tetraplegia and paraplegia.

The study will examine:
1. The risk for eventual blockage of blood vessels and abnormal sugar metabolism beginning soon after SCI;
2. Whether an individual’s impression of this risk is the same as their health care provider’s;
3. If the individual’s impressions and risks change over a two-year period following SCI.

Study participants must:
• Be between 18 and 70 years old.
• Have a spinal cord injury at C5 or lower level, and primarily use a wheelchair for daily mobility.
• Be enrolled in the study within two months of discharge from rehabilitation.

Participants will be paid for study participation.

If you think you may be a candidate for this study, or if you have any questions, please contact the RSCICDV at 215-955-6579.

Congratulations, Grads! continued from page 5
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The Adolescent and Young Adult Program is generously supported by The Wawa Foundation, The Lindback Foundation, and by individual donors.
The CONTENT Clinical Research Trial
is currently evaluating an investigational drug for its effectiveness on urinary incontinence due to Multiple Sclerosis or a Spinal Cord Injury.

Are you 18-80 years old?
Experience urine leakage?
Have Multiple Sclerosis or a Spinal Cord Injury?
Regularly perform clean intermittent catheterization?

If you answered YES to these questions, you may be eligible to participate in this trial to evaluate this effectiveness of an investigational drug for urine leakage.

New Book
Magee Rehabilitation Hospital congratulates Dr. Christina V. Oleson, Associate Professor of Rehabilitation Medicine at Thomas Jefferson University, specializing in spinal cord injury, on her recent publication of *Osteoporosis Rehabilitation: A Practical Approach*. The 500-page textbook will enable clinicians to recognize and treat osteoporosis in conditions seen commonly in the field of rehabilitation. Specific chapters address osteoporosis in spinal cord injury, traumatic brain injury, stroke and seizure disorders, peripheral neuropathies including diabetic neuropathy, rheumatologic conditions, cancer, and transplant medicine. Dr. Mendel Kupfer served as a contributor for the chapter on peripheral neuropathies. Dr. Oleson encourages all patients at risk for osteoporosis to speak with their rehabilitation medicine physician about screening for this condition. The earlier osteoporosis is recognized, the better the chance of successful treatment.

New Research of the RSCICDV Staff

1. Characterizing the Experience of Spasticity after spinal cord injury.  
   *Sponsor: NIDILRR supported through SCI Model System of Care*

   *Sponsor: NIDILRR supported through SCI Model System of Care*

Ongoing Research of the RSCICDV Staff

   *Sponsor: Department of Defense and Craig Neilsen Foundation*

   *Sponsor: Team Reeve and NeuroRecovery Network*

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

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

   *Sponsor: Christopher and Dana Reeve Foundation*

   *Sponsor: NIDILRR (National Institute for Disability, Independent Living, and Rehabilitation Research)*

   *Sponsor: US Army through Christopher and Dana Reeve Foundation*

   *Sponsor: Asterias Biotherapeutics*
If you have 15-20 minutes, please take our survey. You can use the QR code or you can go to the link below:

https://is.gd/SCIM_S_Spasticity_Survey

Note: Link is case-sensitive

If you would like more information, or if you have questions, please contact The Regional Spinal Cord Injury Center of the Delaware Valley at 215-955-6579

The purpose of this study is to assess how spasticity is experienced by individuals with SCI, which characteristics of spasticity have the greatest impact on activities of daily living, and the perceived value of current treatment strategies. We hope that our study will guide future research to look at very individualized spasticity management.


**PRESENTATIONS**

**ACRM Meeting, Chicago, IL, October 30 - November 4, 2016**
Christopher Formal, MD; Amy Bratta, PT, DPT; Marci Ruediger, PT, MS; Holly Stevens, RD, LDN. Prevention and Management of Pressure Ulceration in the Rehabilitation Setting. – Presentation

**NAP Conference, Philadelphia, PA, March 17, 2017**
Janice Schuld, MSN, CRNP, CRRN, ANP-BC. SCI (Spinal Cord Injury) Road Trip - An Interprofessional Approach to Education. – Poster

**SAWC Spring Conference, San Diego, CA, April 5-9, 2017**
Naoko Otsuji, BSN, RN, CRRN, CWOCN; Julie Reece, MSN, RN, CRRN, CWOCN; Evelyn Phillips, MS, RD, LDN, CDE; Kelly Adair, LSW, MSW; Amy Bratta, PT, DPT. Larval Debridement Therapy of Sacral/Coccyx Pressure Ulcers in the Acute Rehabilitation Setting. – Poster

**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
- Uses 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

Naoko Otsuji, BSN, RN, CRRN, CWOCN; Julie Reece, MSN, RN, CRRN, CWOCN; Evelyn Phillips, MS, RD, LDN, CDE; Kelly Adair, LSW, MSW; Amy Bratta, PT, DPT. Risk of Pressure Ulcer Development Associated with Ambulance Transport of Acute Rehabilitation Patients with Spinal Cord Injuries - Case Report. – Poster

**ASCP Conference, Denver, CO, September 3-8, 2017**
Mary Schmidt-Read, PT, DPT, MS; Steven Kirshblum, MD; Stephen Burns, MD; William Scelza, MD. Challenges with Performing the ISNCSCI (or ASIA) Examination and Class – Course Workshop

MJ Mulcahey, OTR/L, PhD; Mary Schmidt-Read, PT, DPT, MS; Randal Betz, MD; Lawrence Vogel, MD; Christina Calhoun Thielen, MSPT. Best Practice for the Neurological Evaluation of Children and Youth with SCI. – Presentation

Marci Ruediger, PT, MS; Mendel Kupfer, MD; Guy Fried, MD; Vernice Wooden, MSSA, LSW. Delivering Innovative, State of the Art Healthcare for Patients with Spinal Cord Injury Utilizing a Specialized Medical Home Model. – Presentation

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**ASCIP Conference, Denver, CO, September 3-8, 2017**
Mary Schmidt-Read, PT, DPT, MS. Updates on the International Standards for the Neurological Classification of Spinal Cord Injury. – Presentation

Thea Flaum; Jon Rose, PhD; Laura Wehrli, PT, DPT, APT, NCS; Trisha Hicks, LSW, MSW, MEd; Katie Powell, OT, MOT. Breaking Bad News: What You Say vs. What They Hear. – Presentation

Trisha Hicks, LSW, MSW, MEd and Remi Ojumu, MSW, LSW. The Art of the Family Medical Home Model. – Presentation

Gina Cooke, MS, OTR/L, ATP. Collaborative Driven Design. – Poster

Rachel Houtman, PT, DPT, NCS. Promoting Excellence in Patient Care with Therapy-Led Interdisciplinary Rounds. – Poster

Kirsten Ondich, MS, OTR/L. A Case Study Incorporating the Use of Canine-Assisted Therapy to Promote Respiratory Function and Outcomes. – Poster

Colleen McAllister, CTRS. Re-Entering Community Through Recreation: Development of SCI Young Adult Group. – Poster
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:
- Two 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 Family Peer Coordinator
215-587-3030 or email Peers@MageeRehab.org.

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 also 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 Wednesdays at 6 p.m. 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 p.m. 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.

@ 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.

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.
Leon Harris, Rugby Player and ThinkFirst Speaker

Keith Newerla (KN): Tell us how you were injured.
Leon (LH): I was injured on March 26, 2007. As I was coming home from work, I was a victim of a gunshot wound to the spine in an attempted robbery. As a result I am a C6 ASIA A complete.

KN: You have been living with your disability for some time now, what took you so long to get involved in wheelchair sports?
LH: I was always afraid of worsening my spinal cord injury if I played a sport. I just knew that I would be putting my neck on the line.

KN: Within the last year you decided to give rugby a try. What has that experience been like?
LH: I never thought I would feel the rush of competition again, and it gives me that feeling. Wheelchair rugby is amazing; it’s intense, hard-hitting fun on wheels. I enjoy being on the team. It’s almost like a second family. On and off the court, everyone just meshes so well.

KN: Can you explain to our readers what the ThinkFirst program is?
LH: ThinkFirst is an injury prevention program. We hold assemblies at schools and community centers. We promote a culture of safety and talk with kids about how the decisions that they make today can affect them for the rest of their lives.

KN: What is your role within the ThinkFirst program?
LH: I am a VIP speaker for the ThinkFirst program which means I tell the story of how I became injured to the group. Although I did not directly cause my injury, my story helps kids see that guns are never the answer.

KN: What do you enjoy most about being part of the ThinkFirst program?
LH: The biggest reward for me is knowing that I have opened the eyes of today’s youth. Not many people understand what we in the disabled community have gone through and continue to go through on a daily basis. The ThinkFirst program gives me a platform to explain that to people. Hopefully through my presentation, they will realize that life should not be taken for granted, and that what they decide to do doesn’t only just affect them, it affects many people, some of whom they don’t even know.

Magee’s Wheelchair Sports Program

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?

To learn more or to get involved as an athlete or a volunteer please call 215-587-3412 or email Sports@MageeRehab.org

Magee CO-ED WHEELCHAIR SPORTS PROGRAMS

- Basketball: Magee Sixers Spokesmen
- Rugby: Magee Eagles
- Tennis: Magee Freedoms
- Racing

If you are interested in having a ThinkFirst program presented in your area or if you are interested in becoming a speaker in the ThinkFirst program, please contact Community Programs Coordinator Keith Newerla at 215-587-3412 or KNewerla@MageeRehab.org.
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 care givers 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.

Student Loans After Disability

by Ben Feldman, Staff Attorney

A lot of people know that student loans are one of the few kinds of debt that cannot be discharged through bankruptcy. However, if you have become permanently disabled, you may be eligible to have your student loans deferred.

If you have federal student loans and are unable to work due to a long-term disability, you may be eligible for student loan forgiveness through the Total and Permanent Disability Discharge (TPD) program.

A borrower can be discharged from his or her obligation to repay a Direct Loan, FFEL Program loan, or Federal Perkins Loan Program loan, or complete a TEACH Grant service obligation due to total and permanent disability.

To be eligible for this program, you must first demonstrate that you are totally and permanently disabled, which can be demonstrated in one of the following ways:

1. If you are a veteran, you can submit documentation from the U.S. Department of Veterans Affairs (VA) showing that the VA has determined that you are unemployable due to a service-connected disability.

2. If you are receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) benefits, you can submit a Social Security Administration (SSA) notice of award for SSDI or SSI benefits stating that your next scheduled disability review will be within five to seven years from the date of your most recent SSA disability determination.

3. You can submit certification from a physician that you are totally and permanently disabled. Your physician must certify that you are unable to engage in any substantial gainful activity by reason of a medically determinable physical or mental impairment that:
   - Can be expected to result in death;
   - Has lasted for a continuous period of not less than 60 months; or
   - Can be expected to last for a continuous period of not less than 60 months.

You will also need to find out if your loan is federal or private. Private lenders that are not federally backed need not comply with the disability discharge program, but some of them will cancel a borrower’s debt in cases of permanent disability. To find out if your loans are federal or private, visit this website: https://www.nslds.ed.gov/npas/index.htm

Lastly, before applying for forgiveness, be prepared for a potential tax bill. If you are not in a position to incur a tax liability this year, you may want to defer any potential tax obligation and opt for an income-driven plan.
VEGAS IN A WHEELCHAIR: WHY NOT?
An Insider’s Tips

by Mark Chilutti, CFRE, Assistant Vice President of Development

Those who know me or have read my other articles and blogs in the past know that I LOVE to travel, and I write about my travels to encourage others to get out and do something fun! While cruising will always be my favorite vacation, an annual trip to Vegas is high on the list, too.

I’ve been going to Vegas for more than 20 years, so that means both before and after my injury. In fact, my first flight after my injury was in March of 1997 to Las Vegas. It’s really amazing just how accessible this happening town was back then, and it’s even better now.

**TIP #1:** Visit the **bathroom** as close to your boarding time as possible, remembering that you will be the first to board and last to deplane. Be careful what you drink while on the plane, too.

It’s a long flight from Philly, so you need to plan ahead with regard to eating, drinking, and using the bathroom. If you require a straightback and assistance to get on and off of the plane, you won’t be able to use the bathroom until you are off the plane, so plan ahead.

**TIP #2:** Once you arrive in Vegas, just look for the blue wheelchair guy on the **taxis** to be able to tell which ones are accessible with a lift, or make a quick call to the dispatch service which represents six different taxi companies who are happy to pick up a passenger in a wheelchair!

I wish other cities across the country would follow Vegas’s lead when it comes to finding an accessible taxi with a lift. My 10 minute wait at the airport was the longest wait of the trip, and what was also unusual was that the airport employee was happy to help, and even walked down the taxi line until he found one with a ramp and drove back to me with the driver. The next two times I needed a taxi, I called the dispatch line. I got a call back within a minute and had a taxi that worked in front of me in less than 5 minutes.

**TIP #3:** When checking into your hotel, be sure to reconfirm your needs for an **accessible room**. When you get to the room, double-check that the bathroom is right **BEFORE** you start to unpack anything, as sometimes mistakes happen when assigning rooms.

As far as accessible rooms go, that should be very easy, as the casino hotels are very large and have lots of rooms that are accessible with roll in showers or a tub. Just specify what you need when making your reservation. You might have a bit of a workout pushing across the carpeting in the casinos, but you will quickly find the best paths to take or ways to travel on the tiled floors.

**TIP #4:** If you are going to visit Las Vegas and try to cover the strip, **be prepared to push** multiple miles to do it. Stay hydrated and when it gets too hot outside, head inside where you can cool off in the air conditioning.

Plenty of ramps of all grades, lengths, and textures grace this town! While Las Vegas is known as the City of Lights, those of us in wheelchairs could also call it the City of Ramps. All of the casinos and restaurants that I tend to visit have accessible entrances and ramps to get you inside, as well as ramps to get you into bars, restaurants, and performance venues. They tend to be easy to find, and though they might be a workout depending on your strength and ability to push, they are all very doable.

No matter what you like to do: eat, drink, play, or see a show, all of it is possible for those of us in wheelchairs in Las Vegas, and you will definitely have fun in this very accessible town. Enjoy!

*My usual disclaimer is just a reminder that I do not work for any hotels, airlines, or cruise companies. I am just an individual with a disability who loves to travel. I offer tips and guidance to try to make it easy for you to get out and enjoy life!"
COMMUNITY PROGRAMS

**Patient Resource Center**
The Patient Resource Center is located on the 6th 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 selling books, romance and mystery novels, as well as a broad selection of relevant professional 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.

**ThinkFirst**
To help prevent disabling head and spinal cord injuries among children, teens, and young adults, Magee’s ThinkFirst 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 ThinkFirst 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 the 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 p.m. 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@gmail.com or 610-296-7429, or Dennis Ledger at dennis.ledger@asrcfederal.com or 609-970-7023.

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**MAGEE PEER MENTOR PROGRAMS**

<table>
<thead>
<tr>
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<td>Please contact Marie Protesto at 215-587-3174 or <a href="mailto:MProtesto@MageeRehab.org">MProtesto@MageeRehab.org</a></td>
</tr>
<tr>
<td>SCI FAMILY PEERS</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@MageeRehab.org">RBlack@MageeRehab.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:SDibeler@MageeRehab.org">SDibeler@MageeRehab.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:SDibeler@MageeRehab.org">SDibeler@MageeRehab.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:SDibeler@MageeRehab.org">SDibeler@MageeRehab.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@MageeRehab.org">RBlack@MageeRehab.org</a></td>
</tr>
</tbody>
</table>
## Support Groups and Programs

### Stroke

<table>
<thead>
<tr>
<th>Stroke Family Care Group</th>
<th>Description</th>
<th>Timing</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inpatient and outpatient survivor and family members</td>
<td>Third Wednesday of each month from 5:30–7 p.m. at Magee Rehab Hospital.</td>
<td>Sonya Dibeler at 215-587-3411 or <a href="mailto:SDibeler@MageeRehab.org">SDibeler@MageeRehab.org</a>.</td>
<td></td>
</tr>
<tr>
<td>Monthly meetings include: Social events, educational activities, outings, and peer support.</td>
<td>11 a.m. at Magee Rehab Hospital on the first Tuesday of each month.</td>
<td>Fritz Louis Jean at 215-587-3180 or <a href="mailto:FLouisjean@MageeRehab.org">FLouisjean@MageeRehab.org</a>.</td>
<td></td>
</tr>
<tr>
<td>Participants meet others with similar impairments and share strategies.</td>
<td>First Tuesday of the month from 1–2:30 p.m. at Magee Rehab Hospital.</td>
<td>Ashley Owens at 215-587-3484 or <a href="mailto:AOwens@MageeRehab.org">AOwens@MageeRehab.org</a>.</td>
<td></td>
</tr>
</tbody>
</table>

### Multiple Sclerosis

<table>
<thead>
<tr>
<th>Support Group</th>
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<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>This group provides support and resources necessary to maintain optimal health and wellness.</td>
<td>Second Wednesday of each month from 12–1 p.m. at Magee Rehab Hospital. Light refreshments &amp; snacks are provided.</td>
<td>Kaitlyn O’Sullivan at 215-587-3106 or <a href="mailto:KOsullivan@MageeRehab.org">KOsullivan@MageeRehab.org</a>.</td>
<td></td>
</tr>
<tr>
<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 a.m.–12:30 p.m. at Magee Riverfront Outpatient Center. Program costs $10 per month.</td>
<td>Colleen McAllister at 215-218-3903 or <a href="mailto:CMcallister@MageeRehab.org">CMcallister@MageeRehab.org</a>.</td>
<td></td>
</tr>
</tbody>
</table>

### Amputation

<table>
<thead>
<tr>
<th>Support Group</th>
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</tr>
</thead>
<tbody>
<tr>
<td>This group consists of social meetings and events in addition to guest speakers on a variety of topics.</td>
<td>Second Tuesday of each month at 12:15 p.m. at Magee Rehab Hospital.</td>
<td>215-587-3106 or <a href="mailto:amputee@mageerehab.org">amputee@mageerehab.org</a>.</td>
<td></td>
</tr>
</tbody>
</table>

### Brain Injury

<table>
<thead>
<tr>
<th>Brain Injury Family Care Group</th>
<th>Description</th>
<th>Timing</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outpatient survivors and family members.</td>
<td>First Wednesday of each month from 5:30–6:30 p.m. at Magee Rehab Hospital.</td>
<td>Sonya Dibeler at 215-587-3411 or <a href="mailto:SDibeler@MageeRehab.org">SDibeler@MageeRehab.org</a>.</td>
<td></td>
</tr>
</tbody>
</table>

### Spinal Cord Injury

<table>
<thead>
<tr>
<th>Family Peer Group</th>
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<th>Timing</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inpatient and outpatient family members.</td>
<td>Two Wednesdays each month from 6–7 p.m. at Magee Rehab Hospital.</td>
<td>Ruth Black at 215-587-3030 or <a href="mailto:RBlack@MageeRehab.org">RBlack@MageeRehab.org</a>.</td>
<td></td>
</tr>
<tr>
<td>Outpatient and inpatient survivors and family members.</td>
<td>Second Thursday of each month at Magee Rehab Hospital from 6–7:30 p.m. Pizza &amp; dessert provided.</td>
<td>Marie Protesto at 215-587-3174 or <a href="mailto:Peers@MageeRehab.org">Peers@MageeRehab.org</a>.</td>
<td></td>
</tr>
<tr>
<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>Joann Rudi at 215-218-3912 or <a href="mailto:JRudi@MageeRehab.org">JRudi@MageeRehab.org</a>.</td>
<td></td>
</tr>
</tbody>
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