THE CORD

PROFILE: Sean Katz

On March 21, 2001, Sean Katz was in a motor vehicle accident. He incurred a C3 complete spinal cord injury. Immediately following his injury, life was quite hectic. Sean spent a substantial amount of time hospitalized. He was in the neurosensory intensive care unit at Thomas Jefferson University Hospital Philadelphia for approximately 2 months. Following that, Sean was moved into the rehabilitation unit at Jefferson Hospital, where he stayed for more than 3 months. Immediately after his discharge from Magee, Sean went back to his house in Langhorne to live with his family, including his father & mother, and two younger siblings - a brother and a sister. This was also a tumultuous time, as he was not 100% set up at home, equipment-wise.

Soon after, Sean began taking distance learning classes at a local community college in order to complete the Associates Degree program in which he was enrolled when he had his injury. After he eventually secured a lift van, he was able to begin traveling to campus to take classes. After approximately 4 semesters, Sean graduated in May of 2005 with an Associates degree in Psychology. Immediately following graduation from community college, he enrolled in a baccalaureate psychology program at Penn State's Abington campus. Sean graduated with a Bachelor of Arts in Psychological and Social Sciences in May, 2007. Sean graduated with high distinction.

Sean is currently a student at Arcadia University, enrolled in a Masters program for psychological counseling with an emphasis in trauma counseling. After completing his Masters, Sean plans to go on for his doctorate and become a bona fide psychologist. “I would like to work with recently traumatically injured individuals.” Sean is also an SCI peer counselor at Magee, where he meets with recently spinal cord injured individuals.

As for assistive devices, Sean uses a computer with voice activated technology, specifically Dragon Naturally Speaking. “It has made computing much, much easier. I firmly believe that I would not have been able to attain any sort of scholastic achievement if it had not been for this invaluable technology. This has added to my independence tremendously, as I do not really require much of any assistance computing. Using my computer, I have been able to complete many, many scholastic requirements over the years. I have written long, complicated papers, done a tremendous amount of research, and even created presentations, all using my voice activated computer. In addition to assisting me in my scholastic ventures, my use of a voice activated computer has also added immensely to my quality of life outside of school. I am able to keep in contact with friends very easily by e-mail, a feat that would be substantially more difficult, if not for my specially adapted computer.”

Sean has this to offer - “The strongest advice that I would give to anyone dealing with a new traumatic injury is to never give up. There is a whole great big world out there waiting for you, and provided a person is equipped with the proper will and fortitude, very few things remain out of reach. Assistive technologies have made the life of the person with a disability much easier and the world in general more accessible. Explore whatever options are available, and don't give up on an idea or a technological concept because it seems to be too difficult. No one ever said that living with a disability is easy, but there can be a life of great quality and substance, even after suffering a trauma. Provided with the proper support, it is possible to achieve great things in life.”

This project is supported, in part, by: The National Institute on Disability and Rehabilitation Research (NIDRR), Office of Special Education and Rehabilitative Services (OSERS), U.S. Department of Education, Washington, D.C., 000023 and the Friends of Jerry Segal.

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RESEARCH & EDUCATION

RESEARCH PARTICIPANTS NEEDED

The SCI Center has developed a research tool to measure improvement in walking in persons with spinal cord injury. We are seeking volunteers to help us validate the scale and make sure it is reliable. Research participants must be motor incomplete and able to walk short distances with or without assistive devices or assistance. Subjects will be required to come to Magee Rehabilitation Hospital on 2 different occasions for about 2 hours each visit. Those who participate will be reimbursed $100 per visit for travel expenses and provided with free parking.

If you are interested in participating or would like more information, please call Mary Patrick, R.N., RSCICDV Project Coordinator, at (215) 955-6579.

PAIN STUDY FOR SCI AT JEFFERSON/MAGEE

The Regional Spinal Cord Injury Center of the Delaware Valley (RSCICDV) at Thomas Jefferson University/Magee Rehabilitation is currently taking part in the SPINAL research study. This study will test to see how well an investigational drug works for your pain associated with your traumatic spinal cord injury.

We invite you to consider participation in the study if:

- You are at least 18 years old
- You have pain associated with your traumatic spinal cord injury
- You are dissatisfied with your current pain treatment.
- You are willing to come to our clinic for 8 visits over a 16 week period.

Participants who qualify will receive at no cost:

- Study procedures and lab testing
- Study medicines
- Additionally, you may receive compensation for your time.

If you are interested in learning more about this research study, please contact Mary Patrick, R.N., RSCICDV Project Coordinator at (215) 955-6579.

PARTICIPANTS NEEDED FOR STUDY ON MOTHERING WITH SPINAL CORD INJURY

Being a mother is an important role for many women, yet relatively little is known about mothering with a SCI, from the perspective of the mother. This study focuses on the experience of mothers with SCI and explores their participation in parental activities, satisfaction with this involvement and sense of well-being. In addition, the influence of social support and perceived health will be examined.

Mothers actively parenting a child or children ages 12 and younger can participate in this study. Women will be mailed a set of four questionnaires, some background questions and a self-addressed stamped envelope. This should take approximately 45 minutes to complete (or she may be interviewed by phone). The confidentiality of all participants will be maintained.

If interested in participating in this study or if you have questions, please contact Ruth Farber, PhD, OTR/L (Temple University, Department of Occupational Therapy) at msmoms@temple.edu or Michelle Sonabend, OTR/L at (215) 901-6175.
The Regional Spinal Cord Injury Center of the Delaware Valley (RSCICDV) at Thomas Jefferson University will soon finish enrollment in a sponsored clinical trial to test the therapeutic value of BA-210 (Cethrin®) in acute spinal cord injury. RSCICDV has been the highest-enrolling participant in this multi-center study; one thoracic and one cervical slot have yet to be filled. BA-210, a product of Alseres Pharmaceuticals (which bought out BioAxone Therapeutics), is a recombinant protein which acts as a Rho antagonist to promote neuroregeneration and provide neuroprotection. Animal studies have shown that BA-210 reduces the damage from spinal cord injury, stimulates axon regeneration when applied to the spinal cord, and can penetrate into the CNS when applied to the dura mater. This is the first human trial of BA-210. BA-210 will be applied to the dura mater of the spinal cord together with Tisseel®, a fibrin sealant normally used to repair small dural tears, within 7 days following spinal cord injury. The primary goal of this study is to confirm safety and tolerability of BA-210 in this application; a secondary goal is to determine the effects of BA-210 on neurological function in patients with complete spinal cord injury. James Harrop, MD, of the TJU Department of Neurological Surgery will serve as the Principal Investigator.

**RESEARCH PROJECT FOR THE REGIONAL SPINAL CORD INJURY CENTER OF DELAWARE VALLEY**

Starting this Spring, the combined efforts of SCI Center staff from both Thomas Jefferson University and Magee Rehabilitation Hospital will support a new multicenter study entitled “Investigation of Assistive Technology for Mobility used by Individuals with a Spinal Cord Injury”. Working together with SCI Centers in Pittsburgh, Georgia, Chicago, Washington DC, Ohio and Northern New Jersey, we will investigate the impact of policy changes on customizability and features of wheelchairs, and the number of working wheelchairs an individual owns. To collect this information, we will be looking at the specifics of an individual’s wheelchair usage, relative to the type of wheelchair they were provided, the amount of wheelchair breakdown, the skill of using the wheelchair and quality of life measures of participation for the individual using a wheelchair for primary mobility. Since it has been shown that reintegration into society following a disability depends on access to appropriate and adequate assistive technology such as wheelchairs, we hope to investigate the effects of the types of presently supplied wheelchairs and how they may be contributing to a person’s functional limitations, even more so than the person’s disability itself. The information (or data) collected over the next 4 years may then be helpful in effecting policy change, relative to prescriptions for wheelchair mobility equipment.

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**The Spinal Cord Society (SCS)** 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. SCS puts 100% of its funding into research for the cure of spinal cord dysfunction. The SCS meets at Magee Rehabilitation on the 6th floor 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 (610) 296-7429 or cellucci@ Ursinus. edu, or Dennis Ledger at dledger@usc.com or (856) 468-4401.
**ONGOING RESEARCH OF THE RSCICDV**

**Current**


2. A phase I/IIa dose-ranging study to evaluate the safety, tolerability, and pharmacokinetics of BA-210 and the neurological status of patients following administration of a single extradural application of Cethrin® during surgery for acute and cervical spinal cord injury. *Sponsor:* Alsares Pharmaceuticals.


4. Investigation of assistive technology for mobility used by individuals with a spinal cord injury. *Sponsor:* National Institute on Disability and Rehabilitation Research (NIDRR).

**Completed Clinical Trials**

1. A phase II, double blind, placebo-controlled, multicentered study to access the efficacy and safety of HP184 at 100, 200, and 400 mg doses administered orally once daily for twenty-four weeks in adult subjects with chronic spinal cord injury. *Sponsor:* Aventis Pharmaceuticals.

2. Peripheral denervation following spinal cord injury (Using MRI to study nerve function following spinal cord injury). *Sponsor:* American Paraplegia Society


6. A multi-site, open label study to evaluate 250 mg oral Neotrofin™ BID in patients with subacute complete spinal cord injury over 12 weeks. *Sponsor:* NeoTherapeutics, Inc.


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**MAGEE’S ASSISTIVE TECHNOLOGY CENTER**

Magee’s Assistive Technology Center offers clients the ability to see and try state of the art electronic aides to daily living (EADL’s). These include:

- Dragon Naturally Speaking software for totally hands free, voice activated computer use;
- X-10 and Infrared control devices for controlling appliances and remote controlled devices with switches;
- Eye Gaze system for communication needs and computer use;
- head controlled computer mouse;
- chin and sip and puff computer mouse;
- operation of devices through powered wheelchairs; and
- Johnson & Johnson’s iBOT powered wheelchair evaluations and training.

For more information, please contact Vernice Wooden at (215) 587-3185.
SPINAL CORD INJURY SUPPORT GROUPS

SCI PEERS, sharing experiences
The SCI-Peer Consultant Group provides individuals who have suffered a SCI the chance to learn from those who have rehabilitated following such an injury.
Magee can match peers based on injury level, social situations, age, gender, marital status, recreational interests and vocational experience.
To request a peer consultation, or to volunteer as a mentor, contact Marie Protesto or Sonya Dibeler at peers@mageerehab.org or (215) 587-3174.

SCI FAMILY PEERS
Family Peer Support is a group in which specially trained families who have experience with a spinal cord injury help others who share their struggles. Family members and significant others of individuals who have had a spinal cord injury are encouraged to attend. Inpatient and outpatient families are welcome. Family Peer Counselors offer reassurance, support and helpful practical tips.
This group meets on the third Wednesday of every month at 6 p.m. in the 5th floor lounge on the Spinal Cord Injury Unit at Magee Rehabilitation Hospital.
For more information, contact Marie Protesto or Sonya Dibeler at peers@mageerehab.org or (215) 587-3174.

SCI RESOURCE & SUPPORT GROUP
This group provides education, recreation and support opportunities to individuals with spinal cord injuries. Traditionally, meetings are held at Magee on the second Thursday of every month at 6 p.m. in the Second Floor Conference Room. However, social outings are scheduled based on availability and pricing.
We are always looking for new topics. If you have an idea for a topic or would like more information, please call Marie Protesto or Sonya Dibeler at (215) 587-3174, or e-mail peers@mageerehab.org.

WOMEN’S DISABILITY SUPPORT GROUP
To help women with spinal cord dysfunction explore their thoughts and feelings about life with a disability, Magee provides a support group each Monday afternoon. This group addresses topics such as relationships, career issues, intimacy and sexuality.
For more information about this group, contact Marie Protesto or Sonya Dibeler at peers@mageerehab.org or (215) 587-3174.
**WHEELCHAIR SPORTS**

**MAGEE EAGLES WHEELCHAIR RUGBY TEAM**

After winning the Division 2 National championship in 2006, the Philadelphia Magee Eagles came into this season with high expectations. Throughout the season they did not disappoint, winning both the Beast of the East Tournament, and the Steel City Slam early in the season. In sectionals, Magee played to a third place finish despite not having the services of star Adam Bencsik. Although the team ultimately came up short in their quest to repeat the Championship in Lexington Kentucky this April, their second place finish was accentuated by Adam Bencsik receiving the MVP award for the second straight year.

With a plethora of new faces on the team, Magee looks to be a force in the northeast for a long time. The continued growth of players such as Eric Anderson and Rob Deller will be critical in Magee’s goal to reach Division 1 Nationals next season.

Since its inception in 1990, the team has grown to include 18 athletes and 8 volunteer support staff. The team has contributed to the growth of sport regionally by hosting clinics and tournaments and nationally by providing leadership to the board of the United States Quad Rugby Association.

**MAGEE SIXERS WHEELCHAIR BASKETBALL TEAM**

The Magee Sixers Spokesmen D2 remained a powerful force to be reckoned with on the highly competitive National Wheelchair Basketball Association competitive Division 2 tournament circle. The Sixers competed in the most elite tournaments available and earned a ranking of eighth in the country. Magee was honored to host the NWBA Eastern Regional Playoffs in March 2007 where our team placed second. This season our team is poised to finally break into the NWBA Final Four Championship with the addition of two All-American players, Mike Looney and Corey Seabrook.

With the inclusion of these players this season, the D3 team continues to introduce novice wheelchair users to the sport of wheelchair basketball through their developmental team practices, games, tournaments and community exhibitions. The team is a wonderful combination of seasoned veterans and rookie players who competed at tournaments up and down the East Coast including Baltimore, Hackensack, Richmond, Long Island, and New Britain.

The 2007-2008 season is the eleventh year in a partnership between Magee and the Philadelphia 76ers. The Spokesmen are part of the Sixers family and participate in many of their community events to help promote wheelchair basketball. This year we plan to make Magee Rehabilitation and the Philadelphia Sixers especially proud of us.

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**Local Magee Sixers Wheelchair Basketball Tournaments**

**The Sullivan Classic will be held December 14-16, 2007 at The RiverWinds Community Center in West Deptford, NJ.**

**The Carousel Tournament will be held February 15-17, 2008 at Carousel House located in Fairmount Park, Philadelphia.**
## Magee Wheelchair Sports Teams

<table>
<thead>
<tr>
<th>Sport</th>
<th>Description</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Magee Eagles</td>
<td><strong>Wheelchair Rugby Team</strong>&lt;br&gt;Quad Rugby is a unique, competitive sport for individuals with quadriplegia. The game is played on a basketball court by four-member teams using a volleyball. The objective is to carry the ball across the opponent’s goal line.</td>
<td>The season runs from October through March. Each year the team competes in tournaments all along the East Coast and regularly qualifies from the national playoffs.</td>
</tr>
<tr>
<td>Magee Sixers</td>
<td><strong>Spokesman Basketball Team</strong>&lt;br&gt;The Magee Sixers Spokesmen are one of 18 teams nationally that are affiliated with their local NBA teams. The Sixers Spokesman are nine-time Mid-Atlantic Conference Champs! New players are encouraged to join our developmental team.</td>
<td>The season runs from October through March. The team competes in games and tournaments along the East Coast! The Magee Sixers are ranked in the Top Ten Teams in the country.</td>
</tr>
<tr>
<td>Magee Kixx Power</td>
<td><strong>Soccer Team</strong>&lt;br&gt;A new sport for power wheelchair users, played on a basketball court with four players who attack, defend and maneuver an oversized soccer ball in an attempt to score points on a goal.</td>
<td>The team is encouraging the growth of other teams in the area to allow for local competitions.</td>
</tr>
<tr>
<td>Magee Freedoms</td>
<td><strong>Tennis Team</strong>&lt;br&gt;Wheelchair tennis can readily be enjoyed with able-bodied friends. The sport follows the rules of the U.S. Tennis Association with one exception—the wheelchair tennis player is allowed two bounces instead of one.</td>
<td>The season runs from March through October. Each year the team competes in tournaments throughout the country.</td>
</tr>
</tbody>
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**Life - Be in It!**

Staying active is the key to a happy and healthy life. Magee Rehabilitation and other Philadelphia agencies offer numerous specialized recreation opportunities at little or no cost. For more information on additional Magee sports and other specialized recreational opportunities, please consult the Magee Recreation Resource Guide.

For a copy of the resource guide and more information on any of Magee’s sports teams, please email Anna Martin at amartin@mageerehab.org.
COMMUNITY PROGRAMS

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 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 Joe Davis, Think First Coordinator, at (215) 587-3400.

Narcotics Anonymous

The Narcotics Anonymous group meets every Sunday at 7 p.m. in room 222-224. All are welcome to this safe environment for addressing the issues of addiction.

Alcoholics Anonymous

This group meets every Tuesday at 8 p.m. in Magee’s Cafeteria.

For more information about NA or AA, please call Joe Davis at (215) 587-3400.

HIREABILITY

hireAbility is a nonprofit organization dedicated to helping individuals with disabilities seek employment throughout Philadelphia and South Jersey. Headquartered at Magee Rehabilitation Hospital with offices in Blackwood, NJ, hireAbility works with a number of area businesses and receives daily updates on open positions in the region.

hireAbility offers customized job search assistance.

The organization also partners with various community agencies that provide computer and assistive technology training as well as other skills training. In addition, hireAbility can refer you to organizations that provide housing programs, transportation information and other services designed to help individuals return to work.

For more information, please call (215) 587-3080.

LEGAL CLINIC FOR THE DISABLED

The Legal Clinic for the Disabled provides free civil law legal services to low-income individuals with physical disabilities. Located at Magee Rehabilitation Hospital, the nonprofit organization can help with cases involving wrongful evictions, consumer fraud, employment discrimination and failure to comply with the Americans with Disabilities Act of 1990.

Other services include estate planning and benefits counseling.

The Legal Clinic would like to work with you regarding any of the above issues.

For more information about direct representation of outreach programs, please call (215) 587-3350.
PATIENT FAMILY RESOURCE CENTER AND MEDICAL LIBRARY

Feel free to stop pass our patient and staff learning resource center (library) on the 3rd floor, as it has had a slight face lift. We have tons of interesting fiction, a number of best seller books including notable books that made Oprah Winfrey’s Book Club list. There are about 600 leisure/romance/mystery novels to choose from as well as a broad selection of relevant professional periodicals. You may have noticed that we have three computers spaced just right for patient, visitor and staff access and to supplement these resources, we also have a modest assortment of VHS tapes and DVDs that are available to you for your use either here or at home.

Our book club began in October in the library. This is an exciting time of change for our library and we would like your participation to help this book club initiative and make it great in every way possible. Make the library your place of rest, relaxation, comfort and enjoyment away from the rut of the day-to-day activities of Magee. Volunteers and Venus Bradley are on hand to assist you as best we can with research requests, scheduling the reading room, or locating meaningful information.

Also, it is noteworthy to state that the library has flavored coffee available at the low price of 60 cents for an 8 ounce cup. This is our way of making your visit more like home while you read the Philadelphia Inquirer, New York Times or the magazine/book of your choice.

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.

PA INITIATIVE ON ASSISTIVE TECHNOLOGY

The Pennsylvania Initiative on Assistive Technology (PIAT) is a statewide program to improve access to, and the acquisition of, assistive technology devices used to increase, maintain or improve the capabilities of individuals with disabilities.

PIAT Key Activities:

- **Access**
  
  Device Demonstrations – hands-on, on-site demonstrations of assistive technology devices free of charge.

  Lending Library – borrow and try a variety of assistive technology devices at work, school, community or home.

- **Acquisition**

  Funding Assistance – individualized assistance to help people find funding for assistive technology devices/services.

  Equipment Recycling – resources to find, sell, or donate previously-owned devices.

PIAT also provides:

- Training and technical assistance – opportunities for professionals to enhance their assistive technology knowledge and skills.

- Public awareness – information and referral, events and presentations about assistive technology resources.

For more information and referral, please contact PIAT at 1-800-204-7428 or AT-info@temple.edu. The Pennsylvania Initiative on Assistive Technology can be found on the web at http://disabilities.temple.edu/programs/assistive/piat.

"For people without disabilities, technology makes things easier. For people with disabilities, technology makes things possible."
Taking a cruise is a great way for individuals with disabilities to travel. It gives you the chance to see a lot of places, over a short period of time, without having to pack up and move around. It is so nice to be able to go out and explore new ports each day knowing that you will come back to a room that meets your needs...and tons of great food and entertainment.

I have taken several cruises and really have had a great experience each time. The most important thing that is necessary to make the trip work is to PLAN AHEAD. All cruise ships have accessible rooms, but there are only a limited number of them, and they can book quickly. You can check out different cruises, ships and itineraries online, but you will need to call the booking agents directly to inquire about and reserve an accessible cabin.

Accessible cabins are usually larger than the regular cabins (no, they do not cost more!) so to provide the access we need. The bathrooms are usually a little larger and the rooms generally allow for more turning space. Roll in showers are usually easy to use and have a bench built in or a plastic shower chair available. If you need more than that you should make arrangements for rental equipment to be ordered and delivered to your room well in advance. You can consult with the cruise line directly and they can direct you to their access department.

Rooms are usually closer to the elevators which is helpful as well. The floors on the inside of the ships are usually carpeted and can make for a bit of a workout, depending on your level of injury. Not having to push too far down the hallway is a nice bonus!

When trying to decide which cruise to take, look at the departure ports, learn about the distance from the airports to these ports, ask about transportation to and from, and start to make a short list. Next thing to get an understanding of is if the boat will “dock” or “tender” at all of the ports that the ship will stop at. This is important information, as sometimes the boat is unable to dock and they transport passengers from the ship to the shore aboard a “tender,” or smaller boat. If you see this is what is listed, you should ask if you can get off of the boat at this port. This could sometimes involve steps, and, if you use a wheelchair, someone lifting you. Power chairs often can not be lifted off, but sometimes manual chairs can.

Once you have decided on a destination, it is time to look at “excursions.” Every cruise line offers lots of these, but the big problem, if you are on a cruise outside of the continental United States, is that they often use busses that all have steps. Never fear though- as there are also tons of taxis at every port, happy to take you where you want to go to. In fact, while cruising, I have found that I was able to make my excursion better by taking a taxi, as I could go exactly where I wanted to go, and stay as long as I wanted to stay, as opposed to being a part of a large tour on a tight schedule.

Not every destination that you stop in will require transportation to get to places. Often you can stroll around the town on your own and explore the shopping, museum and food that each has to offer. You can ask the onboard excursion desk for helpful tips about each town, and they often will be able to help answer questions about accessibility too. In fact, I have found the onboard staff to be much more helpful than anyone I have spoken to over the phone in advance of the cruise.

When your big day arrives you will be beaming with excitement as you arrive and see just how massive these ships are. Travelers with disabilities go through a special entrance to board the ship and will move through the process quickly. Your luggage will be delivered to your room in a few hours, and you are ready to relax.

Often people ask about how the movement of the ship affects our movement on the ship. I can tell you that the seas are usually very smooth and I have had no real problems. Occasionally you will feel the boat rock or sway, but, no differently than an able bodied person, just hold on!

As I mentioned earlier, one of the best things about cruising is the chance to see a lot of places in a weeks time. The ships usually do most of their travel at night and it was an amazing feeling to wake up every morning in a different place. As your trip goes by, you will also look forward to the usual one or two days at sea as well. Because you are doing so much in each of the ports, it is nice to stay on the boat and just relax too.

These ships truly are like floating hotels and our accessibility has usually been well thought out. The restaurants are easy to access, and once you know which door to enter through will be very enjoyable. There are movies, casinos, shops, mini-golf courses, and so much more, and it has been great to be able to do so much onboard.

As I close, here is a brief summary of some key tips that will be helpful to remember. I am pretty confident that once you take your first cruise, it will not be your last!

**MARK’S CRUISING QUICK TIPS**

- Book early! Accessible cabins go quickly!
- Check on transportation from the airport to the ship and back.
- Remember to see if the ship will “dock” or “tender” at the different ports.
- ASK about the excursions that the ship provides to be sure if they are in accessible vehicles that will meet your needs.
- Consult the onboard staff about ways to get around at each port.
- EXPLORE! Remember that you never know if you will get back to a destination again, so be sure to see all that you can while there.

**HAVE FUN!** (oh yeah - don’t eat too much either! Cruises are known for the quantity and quality of their food!).
# SUPPORT GROUPS & PROGRAMS

## STROKE

<table>
<thead>
<tr>
<th>GROUP NAME</th>
<th>Description</th>
<th>Meeting Details</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stroke Family Group</td>
<td>Peers can meet with you personally or talk on the phone to answer questions regarding life after a stroke.</td>
<td>This group meets at Magee on the third Wednesday of the month.</td>
<td>Please contact Peggy Braveman at (215) 587-3079 or <a href="mailto:pbraveman@mageerehab.org">pbraveman@mageerehab.org</a>.</td>
</tr>
<tr>
<td>Wendkos Stroke Club</td>
<td>Monthly meetings include: Social events, educational activities, outings, and peer support.</td>
<td>This group meets at 11 a.m. at Magee on the first Tuesday of each month.</td>
<td>Please contact Peggy Braveman at (215) 587-3079 or <a href="mailto:pbraveman@mageerehab.org">pbraveman@mageerehab.org</a>.</td>
</tr>
<tr>
<td>Rise Program</td>
<td>Renew Interests and Skills through Education (RISE). To learn more, please see page 2.</td>
<td>The program is offered at the Wendkos Stroke Center at Magee.</td>
<td>Please contact Kelli Williams at <a href="mailto:kwilliams@mageerehab.org">kwilliams@mageerehab.org</a> or (215) 587-3047.</td>
</tr>
<tr>
<td>Aphasia Support Group</td>
<td>Participants meet others with similar impairments and share strategies.</td>
<td>This group meets the first Tuesday of the month from at Magee 1:15 – 2:30.</td>
<td>Please contact Deb Diraddo at (215) 587-3204 or <a href="mailto:ddiraddo@mageerehab.org">ddiraddo@mageerehab.org</a>.</td>
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## MULTIPLE SCLEROSIS

<table>
<thead>
<tr>
<th>GROUP NAME</th>
<th>Description</th>
<th>Meeting Details</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peer Group</td>
<td>This group provides support and resources necessary to maintain optimal health and wellness.</td>
<td>Meetings are held in the second floor conference room at Magee.</td>
<td>Please contact Alicia Monturano at <a href="mailto:amonturano@mageerehab.org">amonturano@mageerehab.org</a> or (215) 587-3003.</td>
</tr>
</tbody>
</table>

## AMPUTATION

<table>
<thead>
<tr>
<th>GROUP NAME</th>
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<th>Contact Information</th>
</tr>
</thead>
<tbody>
<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 Marie Pro- testo or Sonya Dibeler at (215) 587-3412 or e-mail pcoordi- <a href="mailto:nator@mageerehab.org">nator@mageerehab.org</a>.</td>
</tr>
</tbody>
</table>

## ASSISTIVE TECHNOLOGY WEBSITES

- [http://disabilities.temple.edu/programs/assistive/piat](http://disabilities.temple.edu/programs/assistive/piat)
- [http://www.assistivetech.net](http://www.assistivetech.net)
- [http://www.abledata.com](http://www.abledata.com)
- [www.abilityhub.com](http://www.abilityhub.com)
- [www.enablemart.com](http://www.enablemart.com)
- [www.atsolutions.org](http://www.atsolutions.org)
- [www.rehabtool.com](http://www.rehabtool.com)
“Life is what we make it, always has been, always will be.”
~ Grandma Moses

“Don’t mourn what you aren’t; celebrate what you are.”
~ Maureen Fisher

“Nothing splendid has been achieved except by those who dared believe that something inside them was superior to circumstances.”
~ Bruce Barton

Editor: Sonya Dibeler