Beyond One-Size-Fits-All Therapy: “Gaining Ground” Gets Personal

Recovery after an injury does not follow a set timeframe and is different for every person. It’s about more than just walking. Recovery is about regaining function and improving your quality of life. Gaining Ground is a four-week program that is specifically tailored to each client, solely focused on improving function based on his or her individual goals and abilities. The program starts with an evaluation by a physical therapist and a fitness assessment by an activity-based trainer. From there, a unique, customized program is designed.

The state-of-the-art equipment utilized at Gaining Ground includes the RT200 or RT300 by Restorative Therapies, the Lokomat by Hocoma, the Ekso by Ekso Bionics, the Rifton Tram, the Power Plate for vibration therapy, Biodex, Equalizer Rickshaw Exercise machine, Equalizer 1000 Series Exercise Machine, PowerTower Total Gym, rowing ergometer, NuStep T5xr, upper body ergometer, MultiTrainer Resistance Band System, EasyStand Evolv Glider, and electrical stimulation in conjunction with functional movement patterns.

In addition to one-on-one training, self-paced group exercise classes help increase strength, improve cardiovascular endurance, and enhance overall well-being. Exercises emphasize the muscle groups of the upper extremity and core necessary to complete daily functional activities. The group environment fosters interaction with others working towards a common goal. “The group sessions were a great work out, and we all motivated each other,” one client notes.

A comprehensive program that goes beyond the gym, Gaining Ground includes educational sessions on topics like nutrition, sexuality, travel, wheelchair sports, recreation therapy, and art therapy.

While each client creates his or her own goals, the overall objectives of Gaining Ground include increased sensation (including bowel and bladder), muscle mass, central nervous system activity, and function below level of injury; decreased pain and medication use; and improved posture, trunk control, health, and well-being.

The feedback from Gaining Ground clients speaks for itself. “The one-on-one training helped me get more function out of my right arm,” one client says. “My bench press went up 30 pounds. My stamina improved. I can now transfer out of bed on my own.” Another notes, “I got stronger, and the increased strength allowed me to stand more easily.”

continued on next page
SPINAL CORD INJURY RESEARCH & EDUCATION

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 RSCI CDV at (215) 955-6579.

Upper Extremity Reconstruction Program

The Upper Extremity (UE) Reconstruction Program of the Regional Spinal Cord Injury Center of the Delaware Valley (RSCI CDV) 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.

The Tuttleman Family Foundation presents the Dr. Guy Fried Educational Seminar

Magee Rehabilitation held the Dr. Guy Fried Educational Seminar at the Sheraton Philadelphia Downtown Hotel on October 2. This annual event provides cutting-edge rehabilitation topics to nurses, case managers, social workers, physical and occupational therapists and others who work in the acute care and rehab settings.

“Maximizing Outcomes after SCI and BI” was attended by 75 healthcare professionals from the tri state region. For the past 4 years, Magee has also replicated this event for the Lehigh Valley healthcare community. On November 13, The Sands in Bethlehem was the site for our next event. Magee is grateful to the generosity of The Tuttleman Family Foundation for its financial support of the Dr. Guy Fried annual educational seminar.

Gaining Ground

Each day, every client’s program is adjusted based on how their body is responding. For continued progress after the program, clients are encouraged to reproduce the workout regimens on their own. Gaining Ground trainers and therapists will provide the training materials necessary to continue with the program, but it’s up to the client to put in the work at home.

If you are ready to take charge of your recovery, consider Gaining Ground. For more information, contact Liz Watson, PT, DPT, NCS at EWatson@MageeRehab.org or (215) 218-3900. Gaining Ground is a private pay program and is not covered by insurance.
Research Participants Wanted

As part of the Regional Spinal Cord Injury Center of Delaware Valley’s current research, a small team of researchers and research assistants are conducting interviews with people who are at least 60 years old and have been living with spinal cord injury for five years or more.

We are also interested in interviewing your family caregiver or paid caregiver. We would like to interview individuals who’ve been injured for less than five years, too. The interview will occur at your home and will take less than 90 minutes.

In this research project, we are interested in improving our understanding, in your words, of the experience of aging with a spinal cord injury, the changes in your abilities to participate in activities, the care you need and receive, and your satisfaction with your routines. Your experiences and those of your caregivers will greatly help us learn about any changing health needs and develop programs to meet those needs.

The interview is audiotaped and you will have the opportunity to review your transcribed interview to make sure it captures what you’ve told the researcher. As a thank you, you will receive a gift card in the amount of $25.00.

If you are interested in participating in this research, please call Dr. Stephen Kern at (215) 503-8010, or email Stephen.kern@jefferson.edu

Ongoing Research of the RSCICDV Staff


2. Multicenter, Randomized, Double-blind, Placebo-controlled parallel group study to evaluate the Efficacy, Safety and Pharmacokinetics of SUN13837 Injection in Adult Subjects with Acute Spinal Cord Injury. Sponsor: Asubio (Completed earlier this year)


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

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

6. Enhancement and evaluation of the SCI-FI Instrument (v.2). Sponsor: NIDILRR supported through SCI Model System of Care


8. EQUATE: Equity and Quality in assistive Technology study. Sponsor: NIDILRR supported through SCI Model System of Care

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

10. Understanding the health care needs of individuals aging with spinal cord injury. Sponsor: NIDILRR supported through SCI Model System of Care

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

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

13. Can the Kinect detect pressure ulcers in high risk population? Proof of concept. Sponsor: Magee Rehabilitation

14. Fall Prevention During Winter Months in those with Compromised Neurologic Systems. Sponsor: Magee Rehabilitation


Update! Third Annual Walk It Out

Magee sends a huge THANK YOU to everyone who participated by coming to the event, buying a raffle ticket, or donating online! Every year, this fundraiser is a huge success because of the dedicated staff and patients involved in the Magee family.

On October 23, 2015, Magee Rehabilitation held its 3rd annual Walk It Out fundraising event. This event was a 24 hour step-a-thon where past and current patients were given a 30-60 minute time slot to walk on a treadmill. The event started at Magee’s Inpatient Center from 3pm – 5pm in the afternoon. At 5pm, the fundraiser began at Magee’s Outpatient Center. The two locations used Skype as a “hand off” to keep the excitement flowing from inpatient to outpatient.

The Locomotor training clinic was set up with 4 treadmills: the Therastride system and Lokomat, each with a regular treadmill next to it. Patients could have a “buddy” walk alongside them on the regular treadmills. At one time, there were as many as 4 treadmills going with participation from staff, patients, family, and friends! This setup ensured that at least 1 treadmill was continuous for over 24 hours. The staff made sure to have at least 2 treadmills going through the late hours of the night and early hours of the morning.

The event came to an end on October 24 at 5pm at the Outpatient Center totaling over 26 hours of walking. There were also over 25 raffles donated from local businesses for a chance to buy tickets and win a fun prize.

With everyone’s support, Magee was able to raise over $20,000 to support patients in the Locomotor Training program. The money raised will allow patients who run out of insurance the chance to continue working on goals and improve their function and quality of life.

New Publications/Presentations by RSCICDV Staff


The following platform presentations, posters or all day workshops were presented at the Academy of Spinal Cord Injury Professionals, New Orleans, LA, September 6-9, 2015:

1. Angela Luciani, RD, LDN, Holly Stevens, RD, LDN, Evelyn Phillips, MS, RD, LDN, CDE. “I can swallow - does that mean I can eat?” Case reports of why acute rehabilitation patients who are deemed safe to swallow, may still lack the ability to consume adequate oral intake.

2. Naoko Otsuji, RN, CWOCN, Kelly Adair, MSW, and Julie Rece, RN, CWOCN. Risk of pressure ulcer development associated with ambulance transport of acute rehabilitation patients with spinal cord injuries – Case Reviews.

3. Kelly Adair, MSW, Nancy Rosenberg, PhD, and Jillian Kenderish, OTR/L. Ethical Problem Solving When Facing End of Life Issues During the Rehab Stay.

4. Kristen Gill, OTR/L and Andrew Stamatelos, PT. Utilizing high-intensity interval training as therapeutic intervention for patients on prolonged bed rest following skin flap surgery: A Case Report.

5. Reem Issa, BSN, RN, Nia Lawson, BSN, RN, Deb Long, MSN, RN, CRNN, Janice Schuld, MSN, CRNP, CRNN, ANP-BC, Gina Cooke, MS, OTR/L, Amy Fleming, MS, OTR/L, and Sarah Myer, LSW, MSS. Team Approach to Patient-Centered Neurogenic Bladder Management.

6. Mary Schmidt Read, PT, DPT, MS. Workshop on Performing the International Standards for Neurological Classification of Spinal Cord Injury

7. Trisha Hicks, LSW, MSW, M.Ed. and Sigmund Hough, Ph.D., ABPP. Spinal Cord Injury and Sex Education: A Pragmatic and useful “How to Discussion.”

8. Carol Owens, PT, DPT, GCS and Colleen Sullivan, PT, NCS. Life after Rehabilitation: Building a Wellness Program


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 neuromusculoskeletal 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 maf378@drexel.edu.

10 Tips to Help You Stay Healthy!

– Holly Stevens, Clinical Dietitian

Parties and social gatherings are some of the many things we look forward in life. We celebrate with family and friends while munching on delicious food. For those trying to stay healthy and stay in the same pant size, these events can be challenging. But with the right tools in your toolbox, you can overcome this challenge! Here are a few tips to help you stay healthy.

1. Stay hydrated. Drink at least 8 (8 oz.) glasses of water each day, and drink more if you exercise. Sometimes our bodies mistake thirst for hunger, try and drink a glass of water before you head to the kitchen pantry.

2. Limit the soda and cocktails. Or whatever calorie-containing drink you choose to drink at dinner or a party. Also, drink a glass of water in between each drink of choice.

3. Dish up a plate. Instead of snacking or munching throughout the entire party or event, make a conscious effort to make yourself a plate of food.

4. Make half of your plate vegetables. Fill that plate with vegetables! Indirectly you will be limiting the high calorie, high carbohydrate foods that can be tempting.

5. Bring a healthy dessert. The host will love the gesture, and you will be safe to indulge in a healthy dessert.

6. Plan, plan, plan. Pick a day of the week to plan your meals, exercise and parties. If need be, do it biweekly or twice a week. Just make sure you plan! This will help you stay on track.

7. Do not skip meals. If anything, eat a snack prior to going to a party, this way you won’t be starving when you arrive. Then you will be able to spend more time chatting with friends, instead of heading right to the food.

8. Sleep more. Do not forget that your body needs at least 7-8 hours of sleep to function properly.

9. Get those steps in early. Try to exercise in the morning, prior to all other engagements, and then nothing will get in your way. Plus exercising will boost your mood and relieve stress.

10. Everything in moderation. This is truly the key to eating healthy for a lifetime. Restricting tends to lead to binging, which is a dangerous cycle. Live by the 80/20 rule. 80% of the time choose healthy foods, and the other 20% of the time feel free to indulge.

I hope that these tips help you maintain good health! Don’t forget that what you do now, will help you spend more time with your loved ones!
AIR TRAVEL TIPS
for Individuals with Disabilities
— Mark Chilutti, CFRE

Travel for individuals with disabilities is easier than you might think, and with the proper amount of advance planning, can be as smooth as silk!

Since my injury almost 19 years ago, I have traveled extensively in the air and at sea. I've found that the best way to be assured of the service that I need is to actually know what I need, and how people can help me. In this article, I will focus on some tips for travel by air.

I book most of my flights online. Many of the major air carriers give you the opportunity to list special needs (like needing a wheelchair, etc) on their website. I always do this, but don’t stop there. I will always place a follow-up call to the airline to reinforce my needs, as well as to talk about my seating needs/assignments. A lot of times you can not access the best seats at the front of the plane without actually talking with someone live.

I always arrive at the airport in plenty of time to be able to check in, pass through security, and get to the gate with time to spare. Once the representatives that will be working my flight arrive, I will approach them to remind them that I need an aisle wheelchair to get me from the jet way to my seat, and also that I need to “gate check” my chair. This gets a special tag on my chair so that once we arrive it will be delivered to the gate for me when I depart the plane. I also make sure that I am assigned to a seat that will work best for me, as the gate agents know the plane the best, plus have the ability to access any seat on the plane; something that can’t be done over the phone or when you check in at the curb. Sometimes, they might even upgrade you to first class!

Always use the bathroom before you board the plane, as once you are in your seat, you will not be able to move around (if you require a wheelchair to do this). Know how long your flight will be so that you can monitor your fluid intake, since you won’t be able to use a bathroom until you arrive. On very long flights (to Europe) occasionally I have put a blanket over my lap to allow me to cath while in my seat. This is only on very long flights (9 hours or so).

You will be the first on the plane, and the last off of the plane. This way you will be able to make transfers without holding others up. Always advocate to the people who are there to assist you how much help you need. Do you need them to actually lift you in to the seat, or can you transfer yourself? Try to ask for a seat where the armrest lifts up to ease this transfer, or if you are in the first row (bulkhead as it is called) can the aisle chair be angled in for an easy transfer. YOU have to direct the show, as most of the time, the people there to help you will want you to tell them how they can help.

I also make sure to take my cushion onboard and sit on it in the plane. Doing weight shifts while flying is just as important as it is on land! I also remember to take my side guards out, so that they do not come loose during the flight and get lost down below. The last thing I do is take my pouch off from under my chair and put that in my carry on. This way, my wallet, money, medicine and other items I want to keep with me are safe in my possession during the flight.

Once you arrive at your destination, sit tight while the plane empties. When you see a flight attendant, just remind them that you need a wheelchair and assistance to get off the plane. Most of the time you will find that they are prepared for you already, but it never hurts to ask. When the team arrives to help get you off of the plane, again you must take the lead and let them know how they can help you. Once in your wheelchair, let them know if you need help up the ramp or with a bag that you might have. They can also help you to find your connecting gate if you have one.

I will honestly tell you that despite the few bad stories that you may have heard, taking a flight somewhere is really an easy thing to do. I will also remind you though that a smile and a positive, helpful attitude makes the whole experience much better for everyone involved! Say thanks, and let them know you appreciated the help that they provided. That helps them appreciate the work that they do and makes them that much more willing to help the next passenger with a disability that needs their assistance.
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.

Addictions Mentors

The Addictions Mentor Program at Magee Rehabilitation Hospital is designed to offer those who struggle with addiction issues the opportunity to talk with a specially trained person who has experience as an addictions advocate.

Addictions mentors can:
• Offer support
• Share information and resources
• Accompany patient to AA/NA meetings held at Magee Rehabilitation Hospital

In addition, the Addictions Mentor can:
• Help patients connect to local AA/NA groups and sponsors in their communities and, if appropriate, continue to sponsor patients beyond Magee.
• Accompany patients to disability friendly AA/NA meetings after discharge.

If you are interested in volunteering as an Addictions Mentor, you must be two years clean/sober and participate in a training. Please contact Ruth Black, LSW at rblack@mageerehab.org or (215) 587-3030.
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 out 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

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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](http://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](http://www.getupandmove.org)

- **Magee Wheelchair Tennis Tournament:** From August 12, 2016 to August 14, 2016 at the Cherry Hill Health and Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034
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 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.

In Memoriam: Joe Davis

Our longtime friend and Team Magee member Joe Davis passed away at home in August after a very long and challenging battle with multiple health issues.

Everyone who comes through our doors has a story, but not many compare to Joe Davis. A drug dealer at 25 when he was shot, who later tried to commit suicide, Joe ultimately dedicated his life to helping save others from going down the wrong path. Joe went back to school and earned degrees at the University of Pennsylvania. He ran our Think First program and spent years talking with kids, sharing his story and serving as a true example of someone who overcame the odds after growing up in a very tough world.

It’s hard to know when doing a Think First presentation at a school or a rec center how many kids in the audience get it. Whenever Joe spoke to them, the room fell silent. After the presentation was done they came up to talk with him. Many times Joe could be rolling down the streets of Philly when a young adult, or a grown man, would approach him and tell him the impression Joe made on him and how they changed their life because of Joe.

Every year on December 31, Joe would send an email out to all Magee staff members, and many of his friends saying something like “Have fun tonight, and if you have too much fun and need a ride home, call me and I will come get you home safely.” Joe gave his number to so many people over the years and was one who ALWAYS answered the call, day or night, weekday or weekend.

People don’t often think about the legacy that they leave behind, but Joe surely left a big one and will be missed.

Please keep Joe’s wife Terri and his family in your thoughts and prayers. And, the best way you can pay tribute to Joe is by doing something to help someone who needs help, even if they don’t know it or ask for it!

— Mark Chilutti, Assistant Vice President of Development

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.
### 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 our Web site at: www.lcdphila.org.

### 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 on the 6th floor 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.

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### MAGEE PEER MENTOR PROGRAMS

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<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Contact Information</th>
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<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>
<td>Please contact Marie Protesto at (215) 587-3174 or <a href="mailto:mprotesto@mageerehab.org">mprotesto@mageerehab.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@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:sdbeler@mageerehab.org">sdbeler@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 Jennifer Salomon at (215) 587-3411 or <a href="mailto:jsalomon@mageerehab.org">jsalomon@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 Jennifer Salomon at (215) 587-3411 or <a href="mailto:jsalomon@mageerehab.org">jsalomon@mageerehab.org</a></td>
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<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>
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