

THE MAGEE LINK

FALL/WINTER
2003/2004

www.mageepeers.org

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Special thanks to the following for funding this publication and many of the Magee Peer Support Programs:

- The Friends of Jerry Segal
- John Wendkos & Family

Magee Rehabilitation offers numerous opportunities for support, networking, and information-sharing after your discharge from rehabilitation.

These services (most of them at no cost) are available to anyone with a disability.

PROFILE: BRIAN NEWBERT

As the result of an accident at his home in May 2000, Brian Newbert became a quadriplegic. Brian has no use of his arms or legs and breathes with the help of a ventilator. Brian underwent three and a half months of extensive rehabilitation at Magee during the spring/summer of 2000.

After returning home, Brian noticed a need for recreational transportation. The only transportation offered was for doctor visits or the hospital. He did not live close enough for ParaTransit since he was not within the quarter mile set by the state. As a result, Brian started a charitable non-profit transportation service for individuals who are disabled. Brian's company, "Let's Travel, Inc.," provides one-on-one personal service at no cost to the user. Brian is personally involved in each client interaction. This service not only takes people where they require but also where they desire.



Such places may include visits to the Zoo, the New Jersey State Aquarium, the Franklin Institute, and the Philadelphia Art Museum.

Brian lives in New Jersey with his wife and two children (ages 12 and 8). He enjoys Boy Scouts with his son and attending his daughter's softball games. Brian is also a Peer Mentor at Magee Rehabilitation.

Being a vent-dependent quadriplegic has not kept Brian from traveling. He has vacationed at the Jersey shore, camped in a tent in Knoebels and Ricketts Glen with his family, and traveled by plane to Las Vegas and Disney World, Florida. For more information on Brian's non-profit organization, "Let's Travel", please call (856)753-0776.



SPINAL CORD INJURY SUPPORT GROUPS

SCI-PEERS, BEEN THERE, DONE THAT

The SCI-Peer Consultant Program offers individuals with newly acquired spinal cord injuries the opportunity to benefit from the knowledge and experience of those who have "been there, done that."

MENTORS - For those who have weathered a spinal cord injury, please consider volunteering as a peer consultant to help others through the difficult adjustment process.

PROTEGES - For those who are adjusting to their spinal cord injury, mentors can answer your questions and address your concerns

with the knowledge based on their personal experience. Please call and request a peer consultation. Peers can be matched at anytime according to injury level, social situations, gender, marital status, recreational interests, and vocational experience.

Please contact the Peer Coordinators at pcoordinator@mageerehab.org or call 215-587-3174.



FAMILY PEER SUPPORT GROUP

Family Peer Support is a group in which specially trained families who have experience with a disability 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 support and

practical tips. This group meets on the **second Thursday** of every month at **6:00 p.m.** in **Room 537** at Magee Rehabilitation.

For more information call **Pat Thieringer** at **215-587-3412**.

Visit the Magee Peer Website at www.mageepeers.org to learn about upcoming events, disability information and resources, peer support, and the sale or donation of durable medical equipment.

WOMEN'S DISABILITY SUPPORT GROUP

This is a supportive psychotherapy group that meets at Magee every Monday afternoon. A clinical psychologist with expertise in disability rehabilitation leads this group focusing on women's issues.

Women are encouraged to explore their thoughts and feelings about life with a disability. The discussions often address topics such

as relationships, career issues, intimacy, and sexuality.

If you are interested in finding out more about this group or other psychological services, contact **Dr. Nancy Rosenberg**, at **215-587-3071**.



SCI RESOURCE & SUPPORT GROUP

Whether you live in the community or are presently a patient or family at Magee, you are invited to join this group which provides opportunities for education, recreation, and support for individuals with spinal cord injuries. This group meets the **second Thursday** of every month at **6:00 p.m.** in the **2nd floor Conference Room (220/222)** at Magee.

We are always looking for new topics. Please contact the **Peer Coordinators** at **215-587-3174** or pcoordinator@mageerehab.org.



TENTATIVE TOPIC SCHEDULE

November 2003	Winter Sports
December 2003	Christmas Party
January 2004	Open Forum
February 2004	Ask the Nutritionist
March 2004	Sexuality & SCI
April 2004	Summer Sports
May 2004	SCI Survivor's Day

BRAIN INJURY SUPPORT GROUP

BRAIN INJURY SUPPORT GROUP

This group for brain injury survivors meets every **Tuesday** at **10:00 a.m.** at Magee Rehabilitation. This weekly meeting allows time for group members to offer support, share

strategies for success, plan activities and identify community resources.

For more information contact **Jill Duffy** at **215-218-3900**.

AMPUTEE SUPPORT SERVICES

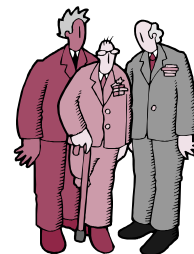
AMP-PEERS

Magee sponsors a unique peer support program in which individuals in the community who have had amputations volunteer their time to offer encouragement and advice to new patients both before and after their amputations.

For more information contact **Pat Thieringer** at **215-587-3412**.

Amp-Peers can be matched according to many factors including:

- Amputation level,
- Age,
- Gender,
- Social roles,
- Recreational interests, etc.



STROKE SUPPORT GROUPS & PROGRAMS

STROKE PEER MENTORS

Stroke Peers are trained volunteers who have learned to cope with their stroke-related challenges. The peers are available to meet with you personally or by phone to answer questions regarding life after a stroke. Stroke Peers have various levels of injury, as well as various life experiences.



For more information, please contact the **Stroke Peer Coordinator** at **215-587-3079**.

STROKE FAMILY PEER SUPPORT GROUP

The Stroke Family Peer Support Group consists of specially trained families who have experienced the disability of a loved one. They share their experiences and can provide insight to others who are in similar situations.

Family members and significant others of individuals who have had a stroke are encouraged to attend. This group is open to families of inpatients and outpatients. Our

Family Peer Counselors offer practical tips and support for families of newly injured patients. Most meetings are held at Magee Rehabilitation at **6:00 p.m.** on the **third Wednesday** of each month. Individual family matches can be arranged. Families can meet in person or by phone.

For more information contact **Pat Thieringer** at **215-587-3412**.

To learn more about the Stroke Peer Program, call the Stroke Peer Coordinator at 215-587-3079.

APHASIA SUPPORT GROUP

The Aphasia Support Group meets monthly and offers a wonderful opportunity to meet other people with communication difficulties and to share strategies for achieving success in communication. The group also provides education about aphasia.

For more information, call speech therapist, **Deb Diraddo** at **215-587-3204**.

WENDKOS STROKE CLUB

The Stroke Club provides opportunities for education, recreation, and support for individuals who have experienced a stroke.

Most meetings are held at Magee Rehabilitation Hospital at 11:00 a.m. on the first Tuesday of each month.

Monthly meetings include:

- Education Topics
- Social Events
- Peer Support
- Outings

*Visit www.mageerehab.org
to learn more about
Wendkos Stroke Center at
Magee Rehabilitation.*

For more information contact the **Stroke Peer Coordinator** at **215-587-3079**.

THE RISE PROGRAM

RISE, "Renew Interests and Skills through Education," is a program for people with aphasia who have completed rehabilitation and therapy and are now facing the challenges of communicating and participating in activities.

Classes are designed to:

- Develop and improve personal skills
- Provide new interests for participants
- Share experiences with other people with aphasia

The RISE program is similar to adult education courses at area colleges with the addition of special help and consideration for the communication challenges of aphasia.

This program is offered at the Wendkos Aphasia Center at Magee Rehabilitation Hospital. For more information call **Mari Doran** at **215-587-3203**.

SCI and STROKE SURVIVORS, YOUR FAMILY MEMBERS ARE NEEDED!

Remember the first few months after your loved one became injured? The questions, the worries, the grief... If only you could talk with someone who had been through this experience to help you through the troubling times! We now have a family peer support group in which families who have experience with a disability can help families of the newly injured.

As a family peer counselor your commitment will entail attending one evening training session. After training, you assist families by meeting with them in person or over the phone and by becoming involved in our family support groups. As our family peer counselors can tell you, this will be the most rewarding volunteer experience you have ever had. You have the expertise and experience that families so desperately need.

*To find out more, please contact **Pat Thieringer** at **215-587-3412**.*

THE ARTS

'MAGEE PLAYERS'

Calling all people with physical disabilities who wish to develop their creativity, memory, sense of humor, communication skills, and wish to meet new and interesting people from all over Philadelphia... Join our Theatre Arts Class at Magee! The season starts September 26th and ends December 12th with class time from 1:00 - 3:00 p.m. on Fridays. We are starting our fourth year and have a core of returning students but are opening up the class to new students regardless of experience.

Some of the theatre techniques we will study are: mime and acting improvisation, comedy playwriting, and mask work. We will also work on relaxation and visualization exercises this term to better prepare the actors for performances and to help reduce stress in students' everyday life. We will perform at Magee in December as well as perform in the

community this winter. Further opportunities abound in the Theatre Arts for future work and scholarships studying with the National Theatre for the Handicapped. This past year four students were given full scholarships to attend the National Theatre for the Handicapped summer school in Maine.

For more information please contact **Arezou Bigdeli** at **215-587-3063**.



COMMUNITY DANCE PROJECT

Wheelchair dance companies have been forming all across the country for several decades. Many of those include disabled and non-disabled people dancing together. Kardon Institute for Art Therapies in conjunction with Magee Rehabilitation and Moss Rehabilitation hospitals have formed a Community Dance Project. The mission is to provide the dance experience for disabled and non-disabled people ages 18 and older, enabling them to dance together and learn more about the art form.



No experience is necessary for this project. The only requirement is having the desire to dance and the willingness to experiment through movement by moving with others in creative and expressive ways. The director/choreographer will lead warm-up exercises that will promote strength, flexibility, and coordination. Sessions will also include learning and creating dances. Performance opportunities may also be available for those interested. Sessions are ongoing.

For more information contact **Kardon Institute** at **215-637-2077**.

COMMUNITY PROGRAMS

THINK FIRST

Think First is a nationally coordinated assembly program for elementary school children, teens, and young adults. The goal of this program is to prevent disabling head and spinal cord injuries among this population. To reach this goal, we schedule dynamic presentations at schools. These presentations consist of injury prevention lessons and testimonials from young trauma survivors.



Think First is looking for individuals with spinal cord or brain injuries who are interested in helping change some behaviors and save some lives. We need your help to talk to middle and high school students about your life. Because Magee values your experience, you will be paid for your time.

If interested, contact **Joe Davis**, Think First Coordinator, at **215-587-3400**.

VOLUNTEER POSITIONS

- Volunteers are needed to serve as patient visitors and recreation aides
- Gift Shop Cashier in Magee's Alcove Gift Shop
- Computer Skills Needed - numerous projects requiring word processing, database programs, and Microsoft Publisher
- Green Thumbs needed to assist with patient groups and greenhouse/garden care
- Patient Assistants - assist patients by helping them in the cafeteria and transporting them throughout the hospital; weekend help is especially needed

Consider participating for a few hours a week or a month. You can make a difference!

For more information, contact **Susie Toland**, Volunteer Coordinator, at **215-587-3140**.



Narcotics Anonymous

*The new Narcotics Anonymous group will be starting on 11/10/03.
The group will meet in room 222-224 on Monday's from 5:00 -6:30 pm.
All are welcome to this safe environment for addressing the issues of addiction.*

Alcoholics Anonymous

This group continues to meet every Thursday at 8:00 PM in Magee's Cafeteria.

COMPUTER TRAINING

Magee Rehabilitation offers free computer training sessions for persons with disabilities. These classes introduce participants to the workings of the computer and teach basics of popular software packages including Word, Printshop, and the Internet.



For more information and a class schedule, contact the **Magee Patient Learning Resource Center** at 215-587-3423.

HIREABILITY

hireAbility is a non-profit organization housed at Magee, which is dedicated to assisting individuals with disabilities who are seeking employment opportunities throughout the Philadelphia and South Jersey region. Since hireAbility works with a number of area businesses, they receive information on open positions on a daily basis and can refer you to those you qualify. hireAbility also partners with various community agencies that provide

computer and assistive technology training as well as other skills training. They can also make referrals to organizations that provide housing programs, transportation information, and many other services designed to help a person get back into the workforce.

For further information please call **hireAbility** at 215-587-3080.

LEGAL CLINIC FOR THE DISABLED

The Legal Clinic for the Disabled is a non-profit organization housed within and partially funded by Magee Rehabilitation. Its mission is to provide free civil law legal services at no charge for low-income persons with physical disabilities. Cases include wrongful evictions, consumer fraud, employment discrimination, and compliance failures related to the Americans with Disabilities Act of 1990. Other services include estate planning and benefit counseling.

The Legal Clinic for the Disabled also provides direct representation to individuals who are abused or neglected by their attendant care providers or other caregivers. The clinic is also conducting outreach programs on this issue.

The Legal Clinic for the Disabled would like to work with you regarding any of the above issues. For more information about direct representation or outreach programs, please contact the **Legal Clinic for the Disabled** at 215-587-3350.



NTAF SPINAL CORD INJURY PROGRAM

The National Transplant Assistance Fund (NTAF) Spinal Cord Injury Program helps patients and families raise funds for the long-term uninsured medical expenses associated with spinal cord injury. NTAF provides fundraising expertise, support, and guidance to community volunteers. Community fundraising is successful because of personal contacts. Neighbors, employers, families and friends want to help each other in time of need. Funds raised help patients pay for uninsured expenses including home health care, experimental treatment, equipment, and rehabilitation, thereby improving quality of life.

NTAF provides families and communities with:

- Fundraising expertise and guidance including event ideas, procedures, materials, flyers, banners, and ongoing support.
- A way to pay uninsured medical expenses.
- Administration of funds including: Medical invoice processing and weekly bill payment, tax receipts, and contributor thank you letters.

Since the inception of the SCI Program two years ago, NTAF has been contacted by 69 patients for support and has initiated 24 fundraising campaigns for these families.

For more information, call **1-800-642-8399** or **610-353-9684**.

WHEELCHAIR SPORTS

MAGEE PHILLIES SOFTBALL TEAM

BY JIM FALLS

As we complete our second wheelchair softball season, the team is truly coming together. The Philadelphia Phillies and Magee Rehabilitation Hospital officially sponsor our team. We are always looking for new members to join The Magee Phillies Wheelchair Softball Team. If you or anybody you know might be interested, please contact **Pat Thieringer at 215- 587-3412**.

Our team consists of men and women of all ages with various disabilities and different skill levels who attend practices and games during the summer months. J. Hampton Moore School graciously offered us their blacktop as our home field this season. We traveled to Baltimore, Boston, and New York to attend their



tournaments. In return, their teams traveled to Philadelphia to participate in the 1st Annual Phillies Wheelchair Softball Tournament. With your support and help from area businesses, we hope to host this tournament every year. Please spread the news about our team, and by all means, come out and join the fun!

All in all, it was a nice season and we were able to accomplish a lot. Teamwork is the key to success. Thanks for your support and we'll see you next season.



MAGEE EAGLES RUGBY TEAM

BY A.J. NANNA YAKARA

The Eagles have recently joined us as proud sponsors of the Magee Wheelchair Rugby team. The team is retiring its Rolling Rebels name after 14 years and will now be known as the Magee Eagles. As part of this affiliation, the Eagles will be providing the players with official Eagles uniforms as their team attire. The Eagles are one of only 5 NFL teams that sponsor their local wheelchair rugby teams.

With this exciting opportunity, the Magee Eagles Wheelchair Rugby team would like to issue an open invitation to all wheelers curious about wheelchair sports to check out wheelchair rugby, the craziest sport on wheels.

Wheelchair rugby is a sport played on an indoor basketball court in chairs that resemble amusement park bumper cars. It is designed for quadriplegics, anyone who has some limited function in their upper body, be it limited arm and/or hand function or lack of trunk balance.



As winter draws near, and the dropping temperature and eventual snowfall combine to limit our ability to even venture outside, let alone perform physical activity, wheelchair

rugby offers a reason and a chance to get out of the house, to stay socially active, and to get a good regular workout that will help keep away those unwanted extra pounds that we all seem to gain during the season.



Whether you are a former player who lost touch with the game, a seasoned quad with years of experience being in a chair but who never tried a wheelchair sport, a newly-injured quad fresh from rehab looking for something social and/or active to do, or a power chair user who would like to get a pushing wheelchair workout once a week, the Magee Rebels has something to offer. You can choose to just come to practices and play recreationally or to become fully involved and travel and compete with the team.

If at all interested in getting more information about wheelchair rugby, contact **Pat Thieringer** at **215-587-3412**. Call. Play. You have nothing to lose but winter boredom and at the very least you will gain a good workout and the friendship of some amazingly fun quads.

*Sports are a great way to increase flexibility, get some exercise,
and meet new people.*

*Anyone interested in more information on any of these sports, please contact
Pat Thieringer at 215-587-3412.*

MARTIAL ARTS

The martial arts can be a means of enhancing physical abilities, building confidence, managing stress and decreasing vulnerability to physical attack. A martial arts program suited for both wheelchair users and ambulatory individuals with disabilities is offered at Magee Rehabilitation every Monday evening from 7:00 to 8:00 PM. This free martial arts instruction has been offered by Dr. Michael Saulino, MD, Ph.D, a Magee Physiatrist and second degree black belt holder for the past six years.



Dr. Saulino teaches an adapted Tae Kwon Do style of karate. In this program, students continue to advance in belt levels on the way to the coveted black belt level. The classes have included individuals with a wide variety of disabilities, ages and belt levels.

The response to the program is overwhelmingly positive. Students are astonished how much power can be generated and how effectively they can defend themselves regardless of their physical limitations. Students report that as they continue to practice, they notice a significant increase in strength, flexibility, endurance and respiratory control and a decrease in their pre-existing pain.

The advantages of this program can be enjoyed by everyone. You are encouraged to find out more by observing a class and observing this innovative program personally. For more information, contact **Pat Thieringer** at **(215) 587-3412**.

WHEELCHAIR TENNIS

BY MARK CHILUTTI

Our wheelchair tennis team has had a great year, and has played in tournaments in Baton Rouge, Lancaster, Philadelphia, Baltimore, Lehigh, Delaware, and ended the year at the USTA Clay Court Championships in Daytona Beach, Florida. The team has won singles and doubles titles in every tournament they played in, and each player has earned a national ranking from the USTA.

This summer the team also played at halftime of a Philadelphia Freedoms World Team Tennis match, showcasing wheelchair tennis to over 1,500 people in the crowd. The team was also presented with Freedoms warm-ups to wear proudly by WTT founder and tennis legend, Billie Jean King. After the match was over, team member Mark Chilutti took a



challenge from one of the Freedoms players, Andrew Florent, and played him in a short match. The pro learned very quickly that it's not too easy to play tennis in a wheelchair, as Mark beat him easily!



Wheelchair tennis is not much different from able-bodied tennis, as the only change to the rules is that wheelchair players can let the ball bounce twice. Everything else is the same!

The Magee team practices most Sundays from 12-2 at Cherry Hill Racquet Club and is coached by Delynn Orton. There is always room for more players on the team, and we invite anyone interested to please come by and check it out! For more information, contact **Pat Thieringer** at **215-587-3412**.

MAGEE SIXERS WHEELCHAIR BASKETBALL

This is the sixth season that the Philadelphia 76ers, one of 19 NBA teams sponsoring wheelchair basketball teams in their franchise area, have partnered with Magee Rehabilitation Hospital to help support the Magee Sixers Spokesmen. The Spokesmen have received warm-up suits and uniform jerseys from the 76ers, and wear official 76ers jerseys for their games.

In addition to our established Division II team, that has held the conference title for 10 consecutive years, we now have a Division III team. This developmental team has been established to encourage new players to join the sport. If you have ever considered trying wheelchair basketball, now is the opportune time! It's not too late to join!



The developmental team is working with rookie players to teach basic skills and strategies of the sport. Equipment and coaching is provided in addition to many of the



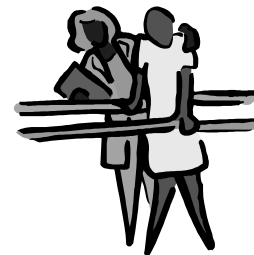
travel expenses of the sport. The Division III team will be competing against Mid-Atlantic Conference teams such as Temple University and Scranton in addition to traveling to a Division III tournament in Richmond, VA.

The Magee Sixers Division II and III teams schedules can be obtained by contacting **Pat Thieringer** at (215) 587-3412. Mark your calendar for two local tournaments held at the Carousel House: The Carousel Tournament, February 6-8, 2003 and the Dan Sullivan Classic, February 13-14, 2003. All games are free and open to the public.

RESEARCH AND MEDICAL INFORMATION

RESEARCH PARTICIPANTS NEEDED

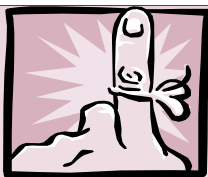
The SCI Center has developed a research tool to measure improvement in walking in persons with spinal cord injury. We are seeking volunteers to help us validate the scale and make sure it is reliable. Research participants must be motor incomplete and able to walk short distances with or without devices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



If you are interested in participating or would like more information, please contact **Mary Patrick**, RN, SCI Project Coordinator at 215-955-6579.

CURRENT RESEARCH OF THE RSCICDV

1. Open-label extension of double-blind, placebo-controlled, parallel group study to evaluate safety, tolerability and activity of oral Famipridine-SR in subjects with chronic incomplete spinal cord injury. *Sponsor: Acordia Therapeutics.*
2. Double-blind, placebo-controlled, 12-week, parallel group study to evaluate safety and efficacy of oral Fampridine-SR in subjects with moderate to severe spasticity resulting from chronic, incomplete spinal cord injury. *Sponsor: Acordia Therapeutics.*
3. Study the effects of Body Weight Supported Treadmill Training in acute incomplete spinal cord injury. *Sponsor: National Institute of Health (NIH).*
4. Restoration of walking after spinal cord injury—validation of the Walking Index for Spinal Cord Injury (WISCI) scale for hierarchical ranking. *Sponsor: National Institute on Disability and Rehabilitation Research (NIDRR).*
5. Restoration of walking after spinal cord injury — elements of a disability measure. *Sponsor: National Institute on Disability and Rehabilitation Research (NIDRR).*
6. Restoration of walking after spinal cord injury — a consumer preference for walking. *Sponsor: National Institute on Disability and Rehabilitation Research (NIDRR).*
7. Technological adaptation of art therapy media with quadriplegic patients to address emotional adjustment to the illness and increase range of self-expression: A phenomenological study. *Sponsor: Doctoral candidate, Drexel University.*



FOLLOW-UP REMINDER

Don't forget to schedule annual follow-up appointments with the outpatient department at Magee!

Magee has outpatient programs in Rehabilitation Medicine, Pain Management, Stroke, Urology & Continence, Skin Program, Intrathecal Baclofen Therapy, Botox Injections, Electrodiagnosis, and Equipment Clinic.

Consultative Services in Urology, Psychology, Podiatry, Psychiatry, and Gynecology are also available.

RESEARCH FOCUS GROUP

The Regional Spinal Cord Injury Center of Delaware Valley (RSCICDV) at Thomas Jefferson University Hospital and Magee Rehabilitation Hospital is conducting focus groups to evaluate consumers' priorities in dealing with recovery following a traumatic spinal cord injury. The meetings will be held at Magee Rehabilitation Hospital and free parking will be available.

If you are a person with SCI and would like to participate or would like more information about the project, please contact **Mary Patrick, RN, RSCICDV Project Coordinator** at **215-955-6579**.

MAGEE & MOSS COLLABORATE ON NEUROLOGICAL RESEARCH

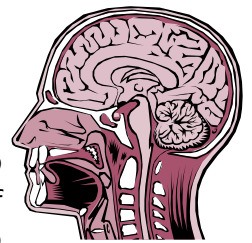
Magee Rehabilitation has partnered with Moss Rehabilitation Research Institute (part of Einstein Healthcare) on two projects related to Traumatic Brain Injury and Stroke. Both institutions are part of the Jefferson Health System.

In October 2002, Moss was awarded a 5 year TBI Model System grant from NIDRR (National Institute of Disability and Rehabilitation Research) to continue work as a regional Model System of Care for traumatic brain injury. A Model System is a center of excellence for both treatment and research related to a particular disability. Magee partners in that TBI designation, along with Moss, for collection of data related to survivors of traumatic brain injuries. Magee alone, along with Thomas Jefferson University Hospital, has also been a designated Model System for spinal cord injury since 1978.

Since February 2001, and through September 2005, Magee Rehabilitation Hospital, along

with Bryn Mawr Rehab Hospital and the University of Pennsylvania, are also collaborating with Moss Rehab on a NIH (National Institutes of Health) project known as The Northeast Cognitive Rehabilitation Research Network (NCRRN). Brain injury and stroke patients are eligible to become part of this project. The intent of this project is to establish and operate a regional network for cognitive rehabilitation research. The NCRRN is one of only four such projects in the nation. Individuals who register with this network may be eligible to participate in clinical trials related to cognitive rehabilitation.

All patients at Magee Rehabilitation are screened to determine appropriateness for these projects. If it appears that they qualify by the inclusion criteria, they will be approached by a research assistant for further explanation; there is no need for patient or family to request. Frequently, only acute rehab inpatients are eligible.



The Spinal Cord Society meets at Magee Rehabilitation on the 6th floor at 1 p.m. on the first Saturday of every month. If you want to be a part of SCS, consider attending one of these meetings. The Spinal Cord Society puts 100% of its funding into research for the cure of spinal cord dysfunction.

THE DAY REHAB PROGRAM: AN IMPORTANT LINK IN MAGEE REHABILITATION SERVICES

BY KAREN R. LAUTZENHEISER

There are several persistent misconceptions about the day rehab program. Some people think of it as daycare for people who have sustained a debilitating accident, injury or illness that impedes mobility and/or cognition. However, Day Rehab at Magee Rehabilitation is a rigorous day program that supports patients who choose to approach recovery like a full-time job, putting in a series of six-hour days with full therapeutic resources and support for the effort.

Day Rehab patients may draw from a broad array of services, including physical therapy, occupational therapy, recreational therapy, case management, nursing teaching, speech therapy, nutritional services, community reentry, psychological counseling and vocational counseling. In addition, group activities allow patients to help each other uncover the strengths upon which they will be building their independence. Groups are created around topics that include coping skills, sensorimotor, recreation and the activities of daily living.

Once a week, the Day Rehab patients meet to plan, then execute a trip. The trip planning factors in as many issues as possible around a designated module from a predetermined list — modules include time management and personal enrichment. Patients thereby learn to plan and organize activities to help with returning to work or other aspects of regular living.

Other recreational activities include table tennis, volleyball, board and card games with various goals that support manual dexterity, word usage and memory practice. There is sufficient variety of activities that every patient, regardless of disability, can find an area of competence from which other skills can be developed.

Speaking personally as one of Day Rehab's 29 patients in the last six months, recreational activities uncovered an unhindered long-term memory, that compensated for my largely non-existent short-term memory on which to build a sense of competent self. Every week, some poor therapist would suggest Trivial Pursuit and would find several other therapists willing to go down in flames in a hot game, as my sense of self and self-competence was reasserted. Scrabble, involving not only my therapists but also my husband, established that my word smithing competencies remained intact as well as my bargaining skills. I discovered that I could still sustain a hot foul shot with a rubber ball through a milk crate, thus reasserting eye-hand coordination while maintaining balance... and a sense of physical competence. The discovery that I could still write, and process thought while writing continues to support rediscovery and self-assertion. This article, for example has been compiled in a series of speech therapy sessions.

THE MAGEE LINK

Keeping individuals with disabilities connected to Magee Community Programs and Research

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*Excerpt from Roy Campanella's "Faith" in Chicken Soup
for the Soul - A Creed For Those Who Have Suffered*

I asked God for strength that I might achieve.

I was made weak, that I might learn humbly to obey...

I asked for health, that I might do great things.

I was given infirmity, that I might do better things...

I asked for riches, that I might be happy.

I was given poverty, that I might be wise...

I asked for power, that I might have the praise of men.

I was given weakness, that I might feel the need of God...

I asked for all things, that I might enjoy life.

I was given life, that I might enjoy all things...

I got nothing I asked for - but everything I had hoped for.

Almost despite myself, my unspoken prayers were answered.

I am, among men, most richly blessed!

Magee Rehabilitation
Jefferson Health System

Address Service Requested

Six Franklin Plaza
Philadelphia, Pennsylvania 19102-1177
Phone 215.587.3000
www.mageerehab.org
Building on Strengths for Independence

Non-Profit
Organization
U.S. Postage
PAID
Philadelphia, PA
Permit No. 2269