

Ann Arbor Center for Independent Living

University of Michigan
Model SCI Care System

Michigan Resource Guide for Persons with Spinal Cord Injury



Health and Wellness

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Introduction

"Life is a never-ending series
of adjustments."

--Gwendolyn Almy

Maintaining good health is a continuous challenge throughout life! Mind, body, heart and soul, all united, are affected by spinal cord injury and it is vital to care for each of our interlaced parts in order to stay healthy, happy, and productive. Having a spinal cord injury can complicate these health and wellness challenges for our families, our friends and ourselves. Finding good partners-in-care becomes more important than ever. Physicians, psychologists, support groups, health educators, peer counselors, physical therapists, occupational therapists, and insurance providers all stand ready to help, to team up with us, meeting our health care challenges.

In this section you will first find a story of personal interest. Following this intimate account of Marva Ways, there is a special listing of selected programs, helping professionals, health care organizations and other focused groups that are committed to supporting and serving people who live with a spinal cord injury.

People In Action

Reprinted from
Fall-Winter 2001
SCI access

Marva's Story: A Glimpse at Life After Spinal Cord Injury

by Claire Kalpakjian

In 1975, Marva Ways, her brother, and her two young children, Eddie Lee and LaTronda, were driving from Michigan to California. Between Iowa and Nebraska, on US-80, road construction and a puddle dramatically changed the course of Marva's life. Her son, Eddie Lee, died in the accident and Marva sustained a spinal cord injury. With characteristic warmth and wisdom, Marva graciously shares the story of her life after spinal cord injury and likens it to a book with unfolding chapters.

Chapter 1: Facing Reality

"I had to get a grip fast and face the depths of this new reality. My daughter needed me and this helped me to survive." Her single-minded devotion to the



Marva Ways at a University of Michigan Wellness Clinic.

welfare of her child transcended what concern she had for herself as she faced her SCI. "Facing the reality of the spinal cord injury was not a huge struggle because LaTronda needed me and that was my primary concern."

Chapter 2: The Road to Recovery

Marva says, "I knew I'd never walk again, but the important thing was to get home. Because of my faith, my perspective became more important than my

body." Her strong faith in God was a stabilizing force, but her belief was tested. "I asked, why would the Lord take my son and let this happen to me? Then I realized that everything happens for a reason." Eddie Lee had been sick for many years with asthma and Marva found peace knowing his suffering had ended.

Chapter 3: Healing and Dealing

When Marva returned to Detroit, life changed. The trajectory of LaTronda's

life had changed as well. A sensitive and caring child, LaTronda began helping her mother in daily life activities. When attendant care fell through, LaTronda became her mother's primary caregiver. She wrote checks, even drove the van when necessary. Mother and daughter learned to take care of each other and together shaped a new life. "We became even closer than before. We would talk for hours and encourage each other." Marva adds, "The Lord gifted my daughter with the maturity to accept our situation."

Chapter 4: Getting back to Normal

Life went on. Marva was a typical mom with an energetic, bright teenager. Cheerleading, traveling, and beauty pageants rounded out their active life. "The wheelchair didn't keep us from doing what we wanted to do. We just enjoyed life." LaTronda's friends didn't notice Marva's wheelchair much. She was simply a mother the chauffeur, hostess, and cheerleader herself.

Chapter 5: Life Continues

Entering her fifth decade, Marva continues to live a full life. LaTronda is married now, with three

young sons of her own. Marva delights in her grandchildren, watching them grow into young men. LaTronda is a social worker, working with families who are struggling through tough times, something she knows intimately. Marva wonders if their experience together shaped a caring child into an adult who devotes herself to the welfare of others. Marva says she now thinks more of growing older. "As I get older, I am not as strong as I used to be. Things are changing, so I try to prepare for the future." She imagines herself on the proverbial porch, reflecting on a life well-lived, not in spite of her spinal cord injury, but because of it. Marva is currently an active member of the Model SCI System's Advisory Council and an enthusiastic participant in the Wellness with SCI Program at the University of Michigan. She is also a private consultant and disability activist.

As her story continues to unfold, Marva reflects, "My life is much larger than my spinal cord injury. The injury keeps me grounded, but does not define me. I've done more with my life than I might have, had this not happened."

Physicians

University of Michigan Health System Department of Physical Medicine and Rehabilitation

- **Anthony Chiodo, M.D.*, Medical Director, Co-Director, Model SCI Care System**
- **Rita Ayyangar, M.D.+**
- **Lisa DiPonio, M.D.***
- **Joseph Hornyak, M.D.***
- **Ed Hurvitz, M.D.+**
- **Virginia Nelson, M.D.+**
- **Gianna Rodriguez, M.D.*, Model SCI Care System**
- **Cathy Spires, M.D.***
- **April Saval, PA-C**

**325 E. Eisenhower
Ann Arbor, MI
48108**

(734) 936-7175

****Board Certified in Spinal Cord Medicine
+Pediatric SCI Physician***

PHYSICIANS IN
MICHIGAN

The following physicians have identified themselves to the public as interested in treating persons with spinal cord injuries. Individual doctors listed MAY provide primary care to persons with SCI upon request.

Jackson and
Washtenaw County
Physicians

Jackson

Nilesh N. Kotecha M.D.
Harish Rawal M.D.
Great Lakes Brain and Spine Institute
900 E. Michigan Avenue
Jackson, MI 49201
517-782-0500

Washtenaw

University of Michigan Health System
Department of Physical Medicine and Rehabilitation
Model SCI Care System
www.med.umich.edu/pmr/modelsci/index.htm
325 E. Eisenhower
Ann Arbor, MI 48108
734-936-7175

- **Anthony Chiodo, M.D.***, Medical Director, Co-Director, Model SCI Care System
- **Rita Ayyangar, M.D.+**
- **Lisa DiPonio, M.D.***
- **Joseph Hornyak, M.D.***
- **Ed Hurvitz, M.D.+**
- **Virginia Nelson, M.D.+**
- **Gianna Rodriguez, M.D.***, Model SCI Care System
- **Cathy Spires, M.D.***
- **April Saval, PA-C**

*Board Certified in Spinal Cord Medicine
+Pediatric SCI Physician

Michigan Brain and Spine Institute
www.mibrainandspine.com/

5315 Elliott Drive
Suite 102
Ypsilanti, MI 48106
734-434-4110
800-824-9253

Mark H. Falahee, M.D.
Douglas F. Geiger, M.D.
Geoffrey Thomas, M.D.

Associates in Physical Medicine and Rehabilitation
www.sjmercyhealth.org
Suite R5106
St. Joseph Mercy Hospital
5333 McAuley Drive
Ypsilanti, MI 48197
734-434-6660
Jennifer E. Doble, M.D.

Steven C. Harwood, M.D.
Own Z. Perlman, M.D.
Paul Shapiro, M.D.
David P. Steinberg, M.D.
Marc L. Strickler, M.D.
Jon M. Wardner, M.D.

Wayne-Oakland-
Macomb County
Physicians

Oakland/Macomb County

Mark Goldberger, D.O
University Neurosurgery
29275 Northwestern
Highway Suite 100
Southfield, MI
248-784-3667

John Zinkel, M.D., Ph.D.
1605 Eleven Mile Road
St Clair Shores, MI 48081
586-774-4600

Wayne County

Muwaffak Abdulhak, M.D.
Department of
Neurosurgery, Henry Ford
Hospital
2799 West Grand Blvd
Detroit, MI 48202
313-916-2241

Daniel P. Elskens, M.D.
Randy Gehring, M.D.
Vittorio M. Morreale, M.D.
Eastside Neurosurgery
22201 Moross Road
Detroit, MI 48236
313-343-7900

Martin Kornblum, M.D.
14555 LeVan Road
Suite 215
Livonia, MI
734-542-0200

Daniel Michael, M.D.
Wayne State University
School of Medicine
4201 St. Antoine
Detroit, MI 48201
313-745-4661

Glenn J. Minster, M.D.
Kanwaldeep Sidhu, M.D.
St. Clair Orthopaedics
and Sports Medicine
22151 Moross Road
Detroit, MI 48236
313-886-4400

James Mooney, III, M.D.
Department of
Orthopaedic Surgery
3901 Beaubien Blvd
Detroit, MI 48201
313-745-5581

Setti Rengachary
Wayne State University
4201 St. Antoine, #6E
Detroit, MI 48201
313-993-0908

Rahul Vaidya, M.D.
2799 West Grand Blvd
Detroit, MI 48301
313-916-2721

Philip J. Mayer, M.D.
36650 Five Mile Road
Livonia, MI 48154
734-452-1500

Norbert Roosen, M.D.
Marian Professional
Building
14555 Levan Road
Livonia, MI 48154
734-542-9490

Western Michigan
Physicians

Michael G. Hugh, M.D.
Neurosurgical Services
154 West Street
Battle Creek, MI 49017
269-969-6150

Bruce Dall, M.D.
Alain Y. Fabi, M.D.
Neurosurgery of
Kalamazoo
1717 Shaffer Street
Suite 124
Kalamazoo, MI 49001
269-343-1264

Michael D. Kasten, M.D.
Healthcare Midwest
Spine Center
601 John Street
Suite M206C
Kalamazoo, MI 49007
269-488-8355

Mark J. Krinock, M.D.
1717 Shaffer Street
Kalamazoo, MI 49001
269-343-1264

Mark Asperheim, M.D.
Orthopaedic Associates
of Grand Rapids
230 Michigan Avenue
Suite 300
Grand Rapids, MI 49503
616-459-7101

Casey R. Bartman, M.D.
751 Kenmoor Avenue SE
Grand Rapids, MI 49546
616-956-7716

Charles D. Bukrey, M.D.
Clifford Jones, M.D.
James Stubbart, M.D.
230 Michigan NE
Grand Rapids, MI 49503
616-459-7101

Lynn Hedeman, M.D.
John F. Keller, M.D.
David Lowry, M.D.
414 Plymouth NE
Grand Rapids, MI 49505
616-454-3465

Yousif I. Hamati, M.D.
Mark Moulton, M.D.
Orthopaedic Associates
of Muskegon
1440 East Sherman Blvd
Muskegon, MI 49444
231-733-1326

Chris Marquart M.D.
Kimball Pratt, M.D.
1675 Leahy Street
Muskegon, MI 49442
231-728-4243

Mid-Michigan
Physicians

David Fernandez, M.D.
4466 W. Bristol Road
Flint, MI 48507
810-733-1200

Mokbel K. Chedid, M.D.
3595 Genesys Parkway
Grand Blanc, MI 48439
810-606-7900

Christopher J. Abood, M.D.

Charles Bill, M.D., Ph.D., PC

John W. Kim, M.D.
1575 Ramblewood
East Lansing, MI 48823
517-827-1800

Mark S. Adams, M.D.
Medical Arts Three
4667 Towne Center Road
Saginaw, MI 48604
989-799-8712

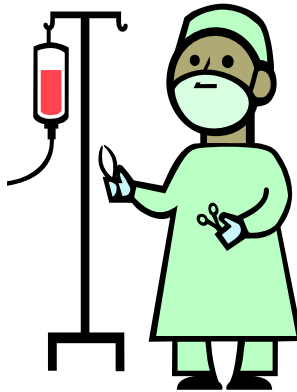
Northern Lower
Peninsula
Physicians

**Northern Michigan
Neuro Associates**
416 Connable Avenue
Petoskey, MI 49770-2212
231-348-5622

John M. Cilluffo, M.D.
1221 Sixth Street
Traverse City, MI 49684
231-935-5720

Upper Peninsula
Physicians

**Carl F. Eiben, M.D.,
AAPMR**
**Kristen E. Lelvis, M.D.
Frederick Maynard,
M.D., AAPMR**
**Richard E. Vermeulen,
M.D.**
**U.P. Rehabilitation
Medicine Associates, P.C.**
580 West College Avenue
Marquette, MI 49855
906-225-3914
888-886-4644



Additional
Michigan Health
Care Resources

Visiting Physicians

www.visitingphysicians.com

888-742-0285

Visiting Physicians provide most levels of medical care in the home, from routine exams to complex treatment plans. During each visit, VPA doctors are accompanied by a medical assistant and equipped with portable diagnostics. Offices in Michigan and Ohio.

Donated Dental Services

nfdh.org/joomla_nfdh/content/view/68/105/

34505 West 12 Mile
Farmington Hills, MI
48331-3257
248-489-2204
800-850-5913

Donated services by dentists to individuals who, due to a serious disability, advanced age, or medical problems, lack enough income to pay for needed dental care.

Health Insurance

If you or your spouse or significant other are employed, check with the employer's benefits manager for information regarding health insurance coverage.

If you are self-employed, you can obtain general information about health insurance from the **National Association for the Self-Employed (NASE)**

www.nase.org

P.O. Box 612067

DFW Airport

Dallas, TX 75261-2067

800-2332-NASE



If you are not employed, or if you cannot obtain health insurance through your employer, Medicaid and Medicare are two possible options for you.

The Centers for Medicare and Medicaid Services

<http://www.cms.hhs.gov/home/medicaid.asp>

Medicaid is an assistance program. Medical bills are paid from federal, state and local tax funds. It serves low-income people of every age. Patients usually pay no part of costs for covered medical expenses. A small co-payment is sometimes required. Medicaid is a federal-state program. It varies from state to state. It is run by state and local governments within federal guidelines.

For more information on the State of Michigan Medicaid call:
800-292-2550

Medicare

www.medicare.gov

Medicare is an insurance program. Medical bills are paid from trust funds which those covered have paid into. It serves people over 65 primarily, whatever their income; and serves younger people with disabilities and dialysis patients. Patients pay part of costs through deductibles for hospital and other costs. Small monthly premiums are required for non-hospital coverage.

Medicare is a federal program. It is basically the same everywhere in the United States and is run by the Centers for Medicare & Medicaid Services, an agency of the federal government. For more information, please go to, and click on [Medicare Beneficiaries Frequently Asked Questions](#), or call: 800-633-4227.

- Medicare will NOT cover prescription medications. (You must pay out-of-the pocket for these)
- Medicare will NOT cover personal assistants on a regular basis.

For additional information contact the Medicare website: www.medicare.gov

The Michigan Department of Human Services

The Michigan Department of Human Services (formerly The Family Independence Agency or FIA) is Michigan's public assistance, child and family welfare agency. FIA directs the operations of public assistance and service programs through a network of over 100 Department of Human Services sites in every county in Michigan.

Family services include referral for employment and training, independent living services providing housing assistance, family planning, counseling, health-related services, volunteer services, refugee assistance, foster family care, transitional services to youth exiting foster care/out-of-home placements, child day care, migrant services, Native American services, and domestic violence prevention and treatment programs. These services are provided to help maintain and strengthen family life and to help families become self-sufficient.

Your local Department of Human Services can help you determine eligibility and apply for Medicare/Medicaid.

For information about Cash Assistance Programs and a listing of county offices for this agency, call 517- 373-2035 or go to the following website:

www.michigan.gov/dhs

Additional Health Insurance Resources

MICHIGAN DEPARTMENT OF COMMUNITY HEALTH

The Medicare Savings Program pays for certain patient expenses that Medicare does not cover. There is an asset limit. Your income determines what is covered.

The Michigan Department of Community Health (MDCH) may help pay the following, depending on the person's income:

- Medicare premiums
- Medicare coinsurance
- Medicare deductible

For more information, 517-373-3500
517-373-3573 (TDD)
or click on www.michigan.gov/mdch, then click on “health care coverage,” then on “persons with disabilities.”

THE INDEPENDENT LIVING RESEARCH UTILIZATION

www.ilru.org

713-520-0232

Email: ilru@ilru.org

PARALYZED VETERANS OF AMERICA (PVA)

Paralyzed Veterans of America

801 Eighteenth Street, NW
Washington, DC 20006-3517

www.pva.org

PVA National

Headquarters:

800-424-8200

PVA Health Care Hotline:

800-232-1782

Email:

info@pva.org

Paralyzed Veterans of America Michigan Chapter

40550 Grand River Avenue
Novi, MI 48375

248-476-9000

800-638-MPVA (*Michigan only*)

248-476-9545

The Paralyzed Veterans of America, a congressionally chartered veterans service organization founded in 1946, has developed a unique expertise on a wide variety of issues involving the special needs of our members—veterans of the armed forces who have experienced spinal cord

injury or dysfunction. PVA will use that expertise to be the leading advocate for:

- Quality health care for our members,
- Research and education addressing spinal cord injury and dysfunction,
- Benefits available as a result of our members' military service,
- Civil rights and opportunities which maximize the independence of our members.

PVA has helpful online pamphlets on federal health care programs.

Michigan Crime Victims Compensation

www.michigan.gov/mdch
517-373-7373

The Crime Victim Compensation program provides direct financial assistance to hundreds of injured victims of violent crime each year. The program is a last resort for injured crime victims with unpaid medical bills, loss of earnings or support burial payments and counseling needs.

Michigan Assigned Claims

www.michigan.gov/sos

Go to this website and enter "assigned claims" in the "search" box
517-322-1875

The State of Michigan established the Assigned Claims Plan in 1973 to provide financial help to people injured in an uninsured motor vehicle accident, who have no insurance coverage of their own. This available to any person (Michigan resident or not) who is injured in an accident in Michigan, either while riding in or being struck by an uninsured Michigan-registered vehicle, and who has no insurance to pay the resulting bills. If a person dies under these circumstances, a survivor may also apply to Assigned Claims for benefits.
Email: assignedclaimsfacili@michigan.gov



Michigan Insurance Bureau

517-373-9273

Insurance Hotline

www.iiminfo.org

800-777-8005

Sponsored by the Insurance Institute of Michigan of Michigan (IIAM), a non-profit, public information organization representing the property/casualty insurance industry. Our prime role is sponsorship of educational and informational programs to help consumers understand the complex, often mysterious subject of insurance.

THE MEDICINE PROGRAM

www.themedicineprogram.info

PO Box 520

Doniphan, MO 63935-0520

866-694-3893

The Medicine Program seeks to aid those who have exhausted all other sources for help with medication. Since our inception we have assisted many families who could not afford the cost of their prescription drugs. Free prescription medicine is available to those who qualify.

Email:

help@themedicineprogram.info

Needymeds.com
www.needymeds.com
215-625-9609

Many drug manufacturers have what's called **Patient Assistance Programs**.

These programs are designed to help those who can't afford their medicines to obtain them at no cost or low cost. Needymeds.com contains the latest, most complete, and most accurate information on pharmaceutical patient assistance programs available. We regularly contact every drug company to check on the accuracy of our data. The information we have is obtained directly from the drug manufacturers.

Medical
Rehabilitation



The University of Michigan Health System

**University of Michigan
Model Spinal Cord
Injury Care System
300 North Ingalls
N12A09
Ann Arbor, MI 48109-
0491**

[www.med.umich.edu/pmr/
modelsci/index.htm](http://www.med.umich.edu/pmr/modelsci/index.htm)

Inpatient Admissions:
734-936-7059

Outpatient Clinics:
734-936-7175

Research and Education
Activities:
734-763-0971

Co-Directors:
Anthony Chiodo, M.D.
Denise Tate, Ph.D.
Project Manager:
Martin Forchheimer,
MPP
734-763-0971

The UM Model Spinal Cord Injury Care System was established within the [Department of Physical Medicine and Rehabilitation](#) (PM&R) at the University of Michigan Health System in 1985. The Model System provides state of the art services to people with spinal cord injuries, both during their initial

hospitalizations, and afterward.

Email:
model_sci@umich.edu

The UM Model Spinal Cord Injury Care System is funded by the [National Institute on Disability and Rehabilitation Research](#) (NIDRR) as one of only 16 Model Systems throughout the United States. More information on SCI Model Systems can be found from the [Model SCI System Doorway](#).: www.ncddr.org/index.html

As a national leader in health care, the University of Michigan system provides access to the latest in medical technology for all of our patients. UM's inpatient rehabilitation unit and outpatient rehabilitation program, are located in the UM Health System's acute care hospital with its network of off-campus satellites. Spinal cord injury specialists can draw upon the unparalleled expertise of collaborating physicians, faculty and staff, including the following well-known physicians:

-

- Anthony Chiodo, MD
Department of Physical Medicine and Rehabilitation
www.med.umich.edu/pmr
- Kevin Chung, M.D., M.S.
Department of Plastic Surgery
Tendon transfers/hand reconstruction for persons with tetraplegia
www.med.umich.edu/surgery/plastic/index.shtml
734-998 6022
(Plastic Surgery non-emergency appointments only)
- Gregory Graziano, M.D.
Department of Orthopaedic Surgery
www.um-surgery.org
Spine Surgery
- John McGillicuddy, M.D.
Department of Neurosurgery
www.med.umich.edu/neurosurgery
Spine Surgery
- Dana Ohl, M.D.
Department of Urology
www.med.umich.edu/urology/
734-936-7030
Urological Management of SCI

Erectile Dysfunction (Impotence) and Male Infertility Clinic

- Riley Rees, M.D.
Department of Plastic Surgery
Wound care issues in SCI
www.med.umich.edu/surgery/plastic/index.shtml
734-998 6022 (Plastic Surgery non-emergency appointments only)

Medical Rehabilitation Throughout Michigan

Wayne-Oakland Macomb County Hospitals Providing Rehabilitation

BEAUMONT HEALTH CENTER
www.beaumonthospitals.com
4949 Coolidge Hwy
Royal Oak, MI 48023
248-655-5800
248-258-1812

BON SECOURS-COTTAGE HEALTH

Rehabilitation Services
www.bonsecourscottage.org
23715 Little Mack Avenue
Suite 200
St. Clair Shores, MI 48080
586-447-4070

BOTSFORD GENERAL HOSPITAL
www.botsfordsystem.org
Program Director
28050 Grand River
Farmington, MI 48336
248-471-8000

CRITTENTON HOSPITAL
<http://www.crittenton.com>
Rochester, MI 48307
248-652-5000
Inpatient Manager

DETROIT MEDICAL CENTER-REHAB INSTITUTE OF MICHIGAN (RIM)
www.rimrehab.org
QI Specialist
261 Mack Avenue
Detroit, MI 48201
313-745-1203

DMC – SINAI/GRACE
www.sinaigrace.org/sinaigrace
Sinai/Grace Hospital IP Manager
6071 W. Outer Drive
Detroit, MI 48235
313-966-3300

GARDEN CITY HOSPITAL
www.gchosp.org
Director, Rehab Services

6245 N. Inkster Road
Garden City, MI 48135
734-421-3300

**HENRY FORD
WYANDOTTE
HOSPITAL**
www.henryfordhealth.org
Social Work/Rehab
Services
2333 Biddle
Wyandotte, MI 48192
734-284-2400

**MT CLEMENS
REGIONAL MEDICAL
CENTER**
www.mcrmc.org/
1000 Harrington Blvd
Mt Clemens, MI 48043
586-493-8000

**OAKWOOD
HERITAGE HOSPITAL**
www.oakwood.org/
10000 Telegraph
Taylor, MI 48180
313-295-5000

**PROVIDENCE
HOSPITAL**
www.stjohn.org/Providenc
[e](#)
Prog. Dir. of Rehab Unit
16001 West 9 Mile Road
P.O. Box 2043
Southfield, MI 48037
248-849-3000

**POH MEDICAL
CENTER**
www.pohmedical.org
Nurse Manager
50 N. Perry St.
Pontiac, MI 48342
248-338-5000

**ST. JOHN-
NORTHEAST
COMMUNITY**
www.stjohn.org/hospitalsc
[enters/default.aspx](#)
Rehab Services Dir.
4777 E. Outer Drive
Detroit, MI 48234-3281
313-369-9100

**ST. JOHN MACOMB
HOSPITAL**
www.stjohn.org/hospitalsc
[enters/default.aspx](#)
11800 East 12 Mile Rd
Warren, MI 48093
586-573-5000
Rehab Mgr

**ST. JOHN NORTH
SHORES**
www.stjohn.org/hospitalsc
[enters/default.aspx](#)
Director of Rehab Unit
26755 Ballard Road
Harrison Twp, MI 48045
888-757-5463

**ST. JOSEPH MERCY-
OAKLAND**
www.stjoesoakland.org
Clinical Consultant Rehab
Services
44405 Woodward Drive
Pontiac, MI 48341-2985
248-858-3000

**ST. JOSEPH MERCY
OF MACOMB**
www.stjoemed.com/
Dir. Ortho/Neuro/Rehab
15855 19 Mile Road
Clinton Township, MI
48038
586-263-2300

Jackson and
Washtenaw
County
Hospitals
Providing
Rehabilitation

**UNIVERSITY OF
MICHIGAN HEALTH
SYSTEM**
**Model Spinal Cord
Injury Care System**
N12A09 300 North Ingalls
Building
Ann Arbor, MI
48109-0491
**(See page HW-10 for
more information on the
University of Michigan
Model SCI Care System)**
Inpatient Admissions:
734-936-7059
Outpatient Clinics:
734-936-7175
Research and Education
Activities:
734-763-0971
[www.med.umich.edu/pmr/
modelsci](http://www.med.umich.edu/pmr/modelsci)

**Anthony Chiodo, M.D.,
Medical Director
Co-Director
Denise Tate, Ph.D.
Co-Director
Project Manager:
Martin Forchheimer,
MPP**

**CHELSEA
COMMUNITY
HOSPITAL**

www.cch.org

Director, Rehab Services
775 S. Main Street
Chelsea, MI 48118
734-475-1311

**HERRICK
MEMORIAL
HOSPITAL**

www.promedica.org

Director of Rehab Services
500 E Pottawatamie
Tecumseh, MI 49286
517-423-2141

**ST. JOSEPH MERCY
HOSPITAL**

www.sjmh.com/programs/rehab

Clinical Manager
Dept. PM&R, P.O. Box
995
5301 E. Huron River Dr
Ann Arbor, MI 48106
734-712-4162

Western Michigan
Hospitals
Providing
Rehabilitation

**BORGESS MEDICAL
CENTER**

www.borgess.com

NeuroRehab - Program
Director
1521 Gull Road
Kalamazoo, MI 49001
269-226-7000

**BRONSON
HEALTHCARE GROUP**

www.bronsonhealth.com/

Mgr. of Rehab
601 John Street
Mailbox #61
Kalamazoo, MI 49007
269-341-7654

**COMMUNITY
HOSPITAL**

www.communityhospitalwatervliet.com

Program Administrator
400 Medical Park Drive
Watervliet, MI 49098
269-463-3111

HACKLEY HOSPITAL

www.hackley.org

PPS admissions
1700 Clinton
Muskegon, MI 49443
231-726-3511
800-825-4677

**KENT COMMUNITY
HOSPITAL**

www.spectrum-health.org

750 Fuller NE
Grand Rapids, MI 49503
616-486-3000

**LAKELAND
REGIONAL HEALTH
SYSTEMS**

www.lakelandhealth.org

(In-patient rehabilitation)
1234 Napier Ave
St. Joseph, MI 49085
269-983-8130

**LAKEVIEW
HOSPITAL**

www.lakeviewcares.com

Rehab Services Director

505 Hazen Street
Paw Paw, MI 49079
269-657-3141



**MARY FREE BED
HOSPITAL AND
REHABILITATION
CENTER**

www.mfbrc.com/index.htm

235 Wealthy SE
Grand Rapids, MI 49503
800-528-8989

**MERCY GENERAL
HEALTH PARTNERS**

www.mghp.com

Rehab Program Manager
1500 E. Sherman
Box 358
Muskegon, MI 49443
231-739-9341
800-368-4125

**METROPOLITAN
HOSPITAL**

www.metrohealth.net/index.php

1919 Boston Street SE
Grand Rapids, MI 49506
616-252-7200
800-968-0051

**SOUTHWEST
MICHIGAN REHAB
HOSPITAL**

www.sw-rehab.org

183 West Street
Battle Creek, MI 49017
269-965-3206

**THREE RIVERS
REHAB PAVILION**

www.threerivershealth.org

Program Director
1111 W. Broadway
Three Rivers, MI 49093
269-273-9795

Mid-Michigan
Hospitals Providing
Rehabilitation

**BAY REGIONAL
MEDICAL CENTER**

baymed.org/

3190 E. Midland Rd
Bay City, MI 48706
989-667-6600
Dir. of Rehab Services
3190 E. Midland Rd
Bay City, MI 48706

**COVENANT
HEALTHCARE**

www.covenanthealthcare.com

515 North Michigan
Saginaw, MI 48602
989-583-583-2701



**GENESYS
HEALTHCARE
SYSTEM**

www.genesys.org

One Genesys Parkway
Grand Blanc, MI 48439
810-606-5000

**GRATIOT REHAB
CENTER**

www.gratiothealth.com

300 Warwick Drive
Alma, MI 48801
989-463-1101

**HEALTHSOURCE
SAGINAW**

Box 6280
3340 Hospital Rd.
Saginaw, MI 48605
517-790-1234

**HURLEY MEDICAL
CENTER**

www.hurleymc.com

One Hurley Plaza
Flint, MI 48503
810-257-9000

**INGHAM REGIONAL
MEDICAL CENTER**

www.irmc.org

2727 Pennsylvania
Lansing, MI 48910
517-334-2121
Rehab Supervisor

**MCLAREN REGIONAL
REHAB CENTER**

www.mclaren.org

McLaren Head and Spinal
Cord Injury Program
4448 Oakbridge Drive
Flint, MI 48532
810-733-7488

**MID-MICHIGAN
MEDICAL CENTER**

www.midmichigan.org

4005 Orchard Drive
Midland, MI 48670
989-989-3000

**MEMORIAL
HEALTHCARE
CENTER**

www.memorialhealthcare.org

820 W. King
Owosso, MI 48867
989-723-5211
800-206-8706

SPARROW HOSPITAL

www.sparrow.org

Mgr. Rehab Therapy
1215 East Michigan.
Lansing, MI 48909
517-483-3600

Upper Michigan
Hospitals Providing
Rehabilitation

**ALPENA GENERAL
HOSPITAL**

www.agh.org
Dir. of Rehab Services
1501 W. Chisholm
Alpena, MI 49707
989-356-7390

**COMMUNITY
HOSPITAL**

www.communityhospitalwaterliet.com
Program Administrator
400 Medical Park Dr
Watervliet, MI 49098
269-463-3111
800-463-1164

**MUNSON MEDICAL
CENTER**

www.munsonhealthcare.org
Director Rehab Division
1105 Sixth Street
Traverse City, MI 49684
Admissions Coordinator
231-935-7341

**NORTHERN
MICHIGAN HOSPITAL**

www.northernhealth.org
416 Connable Avenue
Petosky, MI 49770
231-487-4000

**ROGERS CITY
REHABILITATION
HOSPITAL**

www.rogerscityrehab.com
555 N. Bradley Hwy
Rogers City, MI 49779
989-734-7545



Upper Peninsula
Hospitals
Providing
Rehabilitation

**Upper Michigan
Rehabilitation Center
Marquette General
Health System**

www.mgh.org/rehab/rehab_qf.html
580 W. College Ave.
Marquette, MI 49855
Inpatient Rehabilitation
906-225-3190 or
800-562-9753 Ext. 3190
**Outpatient
Rehabilitation**
906-225-3186 or
800-562-9753 x3186

Additional
Resources

**American Academy of
Physical Medicine and
Rehabilitation (AAPMR)**

312-464-9700
www.aapmr.org
One IBM Plaza
Suite 2500
Chicago, IL 60611
info@aapmr.org

**For Michigan physicians
who specialize in Physical
Medicine and
Rehabilitation
(physiatrists)**

AAPMR provides on-line
listing of members by city
in Michigan:
[www.e-aapmr.org/imis/imisonline/
findphys/result.cfm?State=
MI](http://www.e-aapmr.org/imis/imisonline/findphys/result.cfm?State=MI)

**To find a physical
therapist who specializes
in spinal cord injury:**

**American Physical
Therapy Association**
www.apta.org
1111 N. Fairfax
Alexandria, VA 22314
703-684-2782 x3212

**For Medical
Rehabilitation Hospitals
across the country**

**The Model Spinal Cord
Injury System Doorway**

This website provides an entrance to the various spinal cord research systems funded by the [National Institute on Disability and Rehabilitation Research](#) (NIDRR).

<http://www.ed.gov/about/offices/list/osers/nidrr/index.html?src=mr>

Commission on Accreditation of Rehabilitation Facilities (CARF)

www.carf.org
4891 E. Grant Road
Tucson, AZ 85712
520-325-1044

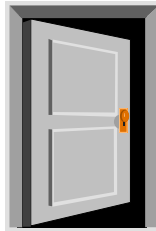
AMERICAN SPINAL INJURY ASSOCIATION (ASIA)

The mission of the association is

- (A) To promote and establish standards of excellence for all aspects of health care of individuals with spinal cord injury from onset throughout life;
- (B) To educate members, other healthcare professionals, patients and their families as well as the public on all aspects of spinal cord injury and its consequences in order to prevent injury, improve care, increase availability of services and maximize the injured individual's potential for full

participation in all areas of community life;

- (C) To foster research which aims at preventing spinal cord injury, improving care, reducing consequent disability, and finding a cure for both acute and chronic SCI; and
- (D) To facilitate communication between members and other physicians, other health care professionals, researchers and consumers.



For medical help and information, contact ASIA Members in Michigan:

Jack Belen, M.D.
Southfield
PM&R
248-353-3388
248-353-0492

Bruce Dall, M.D.
Kalamazoo
ORTHO
269-343-1264

Nancy Desantis, D.O.
Troy PM&R specialty SCI
Medicine
248- 649-0450
Adel Elmagrabi, M.D.
Novi
PM&R
313-833-1988

313-833-6399 (Fax)

Gregory Graziano, M.D.
Ann Arbor
ORTHO
734-936-7299
734-936-8611 (Fax)

Philip Mayer, M.D., P.C.
Allen Park
ORTHO
313- 382-0409

Frederick Maynard, Jr.,
M.D.
Marquette
PM&R
906-225-3186
Email:
fmaynard@penmed.com

Edward C. Nieshoff, M.D.
Detroit
PM&R
313-966-0544
313-745-1063 (Fax)

John Reaves, MPH,PT
Grand Rapids
Administration
616-242-0360
616-242-9104 (Fax)

Gino Salciccioli, M.D.
Bloomfield Hills
ORTHO
248-540-3357

Denise Tate, Ph.D.
Ann Arbor
PSYCH
734-936-7052
734-936-7048 (Fax)

Emotional
and Spiritual
Support



**DEPRESSION
SUPPORT GROUPS**

**Mental Health
Association in Michigan
(MHAM)**

<http://www.mha-mi.org/>
30233 Southfield Rd.
Ste 220
Southfield, MI 48076
(248) 647-1711

SPIRITUAL SUPPORT

Joni and Friends

www.joniandfriends.org
PO Box 3333
Agoura Hills, CA 91376-
3333
818 -707-5664
818-707-2391 (Fax)
818-707-9707 (TTY)

In its 22nd year, **Joni and Friends** is the disability outreach of Joni Eareckson

Tada. Their objective is to meet the physical, emotional and spiritual needs of this group of people in practical ways. They do this by providing churches with effective programs, training and materials.

**DISABILITY
ORGANIZATIONS**

**NATIONAL
ASSOCIATION FOR
THE PHYSICALLY
HANDICAPPED**

www.naph.net

N.A.P.H. is a national organization of people with disabilities and non-disabled associates banded together to advance the social economic and

public welfare of people with disabilities. We believe strength and security can be achieved by everyone working together.

Contact Information:
754 Staeger Street
Akron, Ohio 44306-2940
800-743-5008 (access 01)

**MICHIGAN CHAPTER
PARALYZED
VETERANS of
AMERICA**

www.michiganpva.org/

Paralyzed Veterans of America was founded in 1947 to assist more than 2,500 returning American veterans who sustained a spinal cord injury during World War II. PVA was at the forefront in organizing and ensuring quality care and rehabilitation for these veterans. The Michigan chapter is one of more than 40 chapters across the country. There are more than 50 national service offices with over 19,000 members.

800- 638-MPVA (6782)
248- 476-9000



COUNSELING

**MICHIGAN
PSYCHOLOGICAL
ASSOCIATION (MPA)
STATEWIDE
REFERRAL SERVICE:**

www.michpsych.org/
800-270-9070

This organization will attempt to link up a

consumer with a qualified psychologist in any area of the state. There are psychologists with considerable familiarity with rehabilitation issues, adjustment to changes in functional status, coping with chronic conditions, as well as depression and anxiety. Their website is [Email \[mimpa@aol.com\]\(mailto:mimpa@aol.com\)](mailto:mimpa@aol.com).

MENTAL HEALTH ORGANIZATIONS

ALLIANCE FOR THE MENTALLY ILL OF MICHIGAN (AMI)

www.nami.org

921 N. Washington
Lansing, MI 48906
517 485-4049

Help Line:

800-331-4264

AMI is grass roots organization devoted to improving the lives of people with severe mental illnesses. They have chapter meetings all over the state for persons with mental illness, their partners and family members. They also have an extensive lending library including books, pamphlets and videos and publish a great newsletter!

MENTAL HEALTH ASSOCIATION IN MICHIGAN (MHAM)

www.mha-mi.org

State Headquarters

30233 Southfield Road Ste 220

Southfield, MI 48076

248-647-1711

email: mhamich@aol.com

MHAM has three purposes:

1. Improved care and treatment of persons who are mentally ill
2. Prevention of mental illness
3. Promotion of positive mental health

Women's Health

"If you believe you are a woman of value, you gain strength to forge your way through the most stubborn of barriers."

--Margaret A. Nosek,
Ph.D.

THE UNIVERSITY OF MICHIGAN WOMEN'S HEALTH RESOURCE CENTER

www.med.umich.edu/whp/whrc

734-936-8886

734-936-5473

The University of Michigan Women's

Health Resource Center offers free information, sound advice and enthusiastic encouragement regarding women's health issues. Staff is available to discuss wellness issues and health programs, locate information, and refer women to appropriate health care providers or community agencies.

The Women's Health Resource Center is open weekdays from 9 a.m. to 5 p.m. Monday through Friday. When the center is closed, messages may be left on a 24-hour voice mail system. To obtain information from the Women's Health Resource Center, please call 734-936-8886.

Email: whrc@umich.edu



For special gynecological care:

**Elisabeth Quint, M.D.
Women's Hospital**

1500 East Medical Center Drive
Room L4000
Ann Arbor, MI 48109-0276
734-763-6670
To make an appointment with her clinic –
734- 763-6295
Email: equint@umich.edu

Dr. Elisabeth Quint's activities focus mainly on gynecology. She has three sub-specialty clinics: Hysterectomy Alternatives Program (HALT) that focuses on women with fibroids and abnormal bleeding She also has a general gynecology clinic. Research interests include hysterectomy alternatives, pediatric and adolescent gynecology and care for women with developmental disabilities.

For special obstetric care:

University of Michigan Maternal High Risk Clinic

1342 Taubman Center
1500 E. Medical Center Drive
Ann Arbor, MI 48109-0384
734-763-6295

WOMEN'S HEALTH INFORMATION

www.4woman.gov

The federal government's source for women's health information. Free

information on more than 800 women's health topics.

The Center for Research on Women with Disabilities (CROWD)

www.bcm.tmc.edu/crowd

Department of Physical Medicine and Rehabilitation
Baylor College of Medicine
3440 Richmond Ave.
Suite B
Houston, TX 77046
713-960-0505
800-44-CROWD

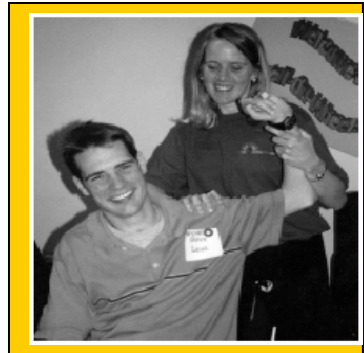


Wellness Programs

As the probability of developing secondary conditions increases, the focus for consumers with a disability from SCI, their advocates and their helping professionals becomes one of prevention. People with SCI “justly desire and deserve to maintain lifestyles that are as fully functional, diverse

and independent as possible.” And in light of threatening secondary conditions, educated consumers are beginning to ask “what can I do to feel good? Could I ever feel as well as an athlete looks? Must I be condemned to struggle from one medical crisis to the next in future years, or is there something I can do along the way to prevent new problems? Can I possess a sense of harmony and pleasant satisfaction with who I am and the life I am living? Is it possible to have a disability from SCI, feel less pain, be more rested and have more energy for the activities I want to participate in?”

Research is beginning to show that wellness programs can help! You may want to join one!



As part of a research study, Steve Laux (above) enjoys an exercise demonstration by University of Michigan wellness workshop facilitator, Jill Stockford.

Living Well with a Disability Programs are offered at the following Centers for Independent Living:

CAPITAL AREA CIL
1048 Pierpont
Suites 9-10
Lansing, MI 48911
517-241-0393

The Living Well with a Disability Program is an four-week workshop using goal setting and problem solving as the framework for developing healthy lifestyles. Most of us practice healthy living when we have meaningful activities we want to do, so the Living Well workshop begins with *why* we want to be well. Subsequent sessions concentrate on developing tools and skills for healthy living, including healthy reactions and communication, managing depression, information seeking, physical activity, nutrition, and advocacy.

Living Well participants report improvement in outlook and positive changes in daily activity, such as new recreational pursuits or returning to school. Many learn they can pursue meaningful goals despite limitations, and finally, a sense of belonging develops as

participants feel accepted and encouraged by peers.

**Cure
Research**

The Christopher Reeve Paralysis Foundation
www.christopherreeve.org/rconsortium/rconsortiummain.cfm

500 Morris Avenue
Springfield, NJ 07081
800-225-0292
973-379-2690

The Christopher Reeve Paralysis Foundation (CRPF) is committed to funding research that develops treatments and cures for paralysis caused by spinal cord injury and other central nervous system disorders. The Foundation also vigorously works to improve the quality of life for people living with disabilities through its grants program, paralysis resource center and advocacy efforts.

The Miami Project to Cure Paralysis
www.miamiproject.miami.edu
PO Box 016960 (R-48)
Miami, Florida 33101-6960
305-243-6001

The Miami Project to Cure Paralysis, a Center of Excellence at the University of Miami School of Medicine, is the world's largest, most comprehensive research center dedicated to finding more effective treatments and, ultimately, a cure for paralysis that results from spinal cord injury.

**Rehabilitation
Research**

Model SCI System Doorway

www.ncddr.org/rpp/hf/hfdw/mscis

This website provides an entrance to the various spinal cord research systems funded by the [National Institute on Disability and Rehabilitation Research](http://www.nidrr.nih.gov/) (NIDRR).

www.ed.gov/offices/OSERS/NIDRR

400 Maryland Avenue SW
Washington, DC 20202-2572
202-205-8134
202-205-4475 (TTY)

The Model Spinal Cord Injury Systems (MSCIS) Dissemination Center
www.MSCISDisseminationCenter.org

A collaborative effort between the Model Spinal Cord Injury Centers and the spinal cord injury collaborative research projects. The MSCIS Dissemination Center provides information on MSCIS research and publications via the internet, phone and mail to any inquirer.
Karen A. Hart, PhD
TIRR, B-107
1333 Moursund Avenue
Houston, TX 77030-3405
800-732-8124
Email: khart@bcm.tmc.edu

Sixteen Model SCI Care Systems across the United States

Model SCI Centers across the United States work together to demonstrate improved care, maintain a national database, participate in independent and collaborative research, and provide continuing education relating to spinal cord injury. Projects are currently located in the following states:

Michigan

University of Michigan Model Spinal Cord Injury Care System

www.med.umich.edu/pmr/modelsci/index.htm
Anthony Chiodo, MD
Denise G. Tate, PhD, ABPP
300 North Ingalls,
Room NI2A09
Ann Arbor, MI 48109-0491
Project Manager:
Martin Forchheimer, MPP
734-763-0971
Email: forchm@umich.edu

Alabama

UAB Model Spinal Cord Injury Care System

www.spinalcord.uab.edu/how.asp?durki=19769&site=1021&return=19679
Amie B. Jackson, MD
University of Alabama at Birmingham
Dept. of Physical Medicine & Rehabilitation
Birmingham, AL 35249-7330
Contact: Pam K. Mott, MA
205-934-4642
Email: mott@uab.edu

Colorado

The Rocky Mountain Regional Spinal Injury System

www.craighospital.org/Research/SCIMain.asp

Daniel P. Lammertse, MD
Gale G. Whiteneck, PhD
Craig Hospital
3425 S. Clarkson Street
Englewood, CO 80110
Contact: Scott Manley, EdD
303-789-8214
Email: smanley@craighospital.org

District of Columbia

National Capital Model SCI System

102 Irving Street, NW
Washington, DC 20010
202-877-1196
Suzanne Groah
Suzanne.l.groah@medstar.net

Georgia

Georgia Regional Spinal Cord Injury Care System

www.shepherd.org/shepherdhomepage.nsf/Pages/ProgramsSCI?OpenDocument

David F. Apple, MD and
Lesley M. Hudson, M.A.

Shepherd Center, Inc.
2020 Peachtree Road, NW
Atlanta, GA 30309-1402
Contact: Lesley M.
Hudson, MA
404-350-7580
Email:
lesley_hudson@shepherd.org

Illinois

Midwest Regional SCI Care System

David Chen, MD
Rehabilitation Institute
of Chicago
345 East Superior Street,
#1146
Chicago, IL 60611
312-238-0764

Massachusetts

New England Regional Spinal Cord Injury Center

www.bumc.bu.edu/Dept/Content.aspx?PageID=332&departmentid=91

Steve Williams, MD,
FRCP(C)
Boston Medical Center
Preston F511
732 Harrison Ave.
Boston, MA 02118
Jane Wierbicky, RN
617-638-7316
617-638-7313
Email:
jane.wierbicky@bmc.org

Michigan

University of Michigan Model Spinal Cord Injury Care System

www.med.umich.edu/pmr/modelsci/index.htm

Anthony Chiodo, MD
Denise G. Tate, PhD,
ABPP
300 North Ingalls,
Room NI2A09
Ann Arbor, MI 48109-0491
Project Manager:
Martin Forchheimer, MPP
734-763-0971
Email:
forchm@umich.edu

New Jersey

Northern New Jersey Model Spinal Cord Injury System

www.kmrrec.org/nnjscis

David S. Tulsy, Ph.D.
Kessler Medical
Rehabilitation Research
and Education Corporation
1199 Pleasant Valley Way
West Orange, NJ 07052-1499
973-243-6849
Email:
dtulsy@kmrrec.org

New York

Mount Sinai Spinal Cord Injury Model System

www.mssm.edu/rehab/spinal

Kristjan T. Ragnarsson,
MD
Mount Sinai School of
Medicine
Department of
Rehabilitation Medicine
1 Gustave Levy Place, Box
1240 NY, NY 10029-6574
Contact: Marcel Dijkers,
Ph.D.
212-659-9340
Email:
marcel.dijkers@mssm.edu

Pennsylvania

Demonstration of a Model Spinal Cord Injury System Center

www.spinalcordcenter.org

John F. Ditunno, Jr., MD
Thomas Jefferson
University Hospital
132 S. 10th Street
375 Main Bldg
Philadelphia, PA 19107
Contact: Mary Patrick, RN
215-955-6579
215-955-5152
Email:
mary.patrick@jefferson.edu

Ohio

Northeast Ohio Regional SCI System

Greg Nemunaitis, M.D.
2500 MetroHealth Drive
Cleveland, OH 44109
<http://www.metrospinhealth.org>

Pennsylvania

Regional SCI System of Delaware Valley www.spinalcordcenter.org

Ralph Marino, MD
Thomas Jefferson
University Hospital
132 S. 10th Street
375 Main Bldg
Philadelphia, PA 19107
Contact: Mary Patrick, RN
215-955-6579
215-955-5152
Email:
mary.patrick@jefferson.edu

Pennsylvania

University of Pittsburgh Model Center on Spinal Cord Injury (UPMC-SCI) www.upmc-sci.org

Michael L. Boninger, MD
University of Pittsburgh
Human Engineering

Research Laboratories
7180 Highland Dr., Bldg
151R-1
Pittsburgh, PA 15206
Contact: Rosemarie
Cooper, MPT
412-365-4850
Email: cooperrm@pitt.edu

Texas

Texas Model Spinal Cord Injury System <http://www.bcm.edu/pm&r/sci/research/modelssystem/>

William H. Donovan, MD,
Kenneth C. Parsons, MD
Daniel E. Graves, PhD
The Institute for
Rehabilitation and
Research (TIRR)
1333 Moursund Street
Houston, TX 77030-3408
Contact: Karen A. Hart,
PhD
713-797-5946
Email:
khart@bcm.tmc.edu

Washington

Northwest Regional Spinal Cord Injury System

www.depts.washington.edu/rehab/sci
Charles Bombardier, PhD
University of Washington
Department of
Rehabilitation Medicine
Box 356490
Seattle, WA 98195-6490

Contact: Cynthia Salzman
206-685-3999
206-685-3244
Email:
csalzman@u.washington.edu

**NATIONAL CENTER
FOR THE
DISSEMINATION OF
DISABILITY
RESEARCH (NCDDR)**
www.ncddr.org
800-266-1832
512-476-6861

The [Southwest Educational
Development Laboratory
\(SEDL\)](http://www.sedl.org) was awarded a
new five-year grant from
the [National Institute on
Disability and
Rehabilitation Research
\(NIDRR\)](http://www.nidrr.nih.gov) to maintain the
National Center for the
Dissemination of
Disability Research
(NCDDR) which was
established in 1995.
NIDRR funds
approximately 300 projects
annually, across a wide
range of research and
related activity priorities
including:

- Employment
Outcomes Research

- Health and Function Research
- Technology for Access and Function Research
- Independent Living and Community Integration Research
- Associated Disability Research
- Knowledge Dissemination and Utilization Activities
- Capacity Building for Rehabilitation Research Training Activities
- State Technology Assistance Projects

Paralyzed Veterans of America (PVA) Research and Education
www.pva.org/site/PageServer?pagename=research_main

PVA's newly configured research program brings together its two foundations—the Spinal Cord Research Foundation (SCRF) and the Spinal Cord Injury Education and Training Foundation (ETF)—with the evidence-based clinical practice guidelines program. By connecting these programs, PVA can better integrate research, education, and

health care for the benefit of our members and all people with disabilities. The grants and publications produced by this new program represent a commitment to PVA's mission of advancing research, increasing the knowledge of health-care providers, and improving health care for all those affected by spinal cord dysfunction.

PVA Spinal Cord Research Foundation
www.pva.org/site/PageServer?pagename=research_consult

The mission of the Paralyzed Veterans of America Spinal Cord Research Foundation is as follows:

- Promote research to find better treatments and cures for paralysis.
- Support efforts to improve the quality of life of individuals with spinal cord dysfunction until treatments are found.

Paralyzed Veterans of America Spinal Cord Research Foundation
801 Eighteenth Street, NW
Washington, DC 20006-3517

Attn: Keri Lipperini

BY TELEPHONE
202-416-7651

800-424-8200, x651
202-416-7641(TTY)

**More Important
Web Links and
Resources**

**THE NATIONAL
CENTER ON
PHYSICAL ACTIVITY
AND DISABILITY
(NCPAD)**

www.ncpad.org

Stay healthy and fit!
Articles, resource listings,
fact sheets, and more.

800-900-8086

312-355-4058 (Fax)

NCPAD is a collaborative effort of the University of Illinois at Chicago in conjunction with the Rehabilitation Institute of Chicago (RIC) and the National Center on Accessibility (NCA) at Indiana University.
Email:

ncpad@uic.edu

New Mobility Magazine

215-675-9133
www.newmobility.com

This is the website for *New Mobility Magazine* and a leading online resource for Disability Culture and Lifestyle. Newmobility.com is a tremendous research and communication tool for anyone with an interest in disability issues.

**Spinal Network:
The Total Wheelchair Resource Book
3rd Edition**

Published by Nine Lives, Inc
Chapter 2, Medical
Distributed by Leonard Media Group
P.O. Box 220
Horsham, PA 19044
888-850-0344 x4

AMERICAN COLLEGE OF SPORTS MEDICINE

www.acsm.org

Search on this website using the word “disability” for their latest publications on this topic.

PARALYZED VETERANS OF AMERICA website on

living with a spinal cord injury:
www.pva.org/site/PageServer?pagename=injury_main

This section provides useful links and information on a wide range of topics for people who have a spinal cord injury or disease, their families, and others who need this information. We will regularly update and add more information--so keep checking with us!

SCI INFORMATION NETWORK

For educational information on SCI click on to:
www.spinalcord.uab.edu for information on the following topics and more:

Alternative Therapies
www.spinalcord.uab.edu/show.asp?durki=21745

Aging with SCI
www.spinalcord.uab.edu/show.asp?durki=24425

Autonomic Dysreflexia
www.spinalcord.uab.edu/show.asp?durki=21541

Caregiver Issues
www.spinalcord.uab.edu/show.asp?durki=24426

Health and Wellness
www.spinalcord.uab.edu/show.asp?durki=21761

Urinary Tract Infection
www.spinalcord.uab.edu/show.asp?durki=21574

Bowel Management
www.spinalcord.uab.edu/show.asp?durki=21574

Pain
www.spinalcord.uab.edu/show.asp?durki=21603

Pressure Ulcers
www.spinalcord.uab.edu/show.asp?durki=21622

Psychosocial Adjustment
www.spinalcord.uab.edu/show.asp?durki=24430

Sexual Functioning
www.spinalcord.uab.edu/show.asp?durki=21612

Spasticity
www.spinalcord.uab.edu/show.asp?durki=21629

American Association of Spinal Cord Injury Psychologists and Social Workers (ASCIPSW)

www.aascipsw.org
75-20 Astoria Blvd.
Jackson Heights, NY
11370
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