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.
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 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...
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."
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](http://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](http://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](http://www.sjmercyhealth.org)
Suite R5106
St. Joseph Mercy Hospital
5333 McAuley Drive
Ypsilanti, MI 48197
734-434-6660
Jennifer E. Doble, 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

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

Mid-Michigan Physicians

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

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

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

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

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

Charles D. Bukrey, 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

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4201 St. Antoine, #6E
Detroit, MI 48201
313-993-0908

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269-343-1264

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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

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Healthcare Midwest
Spine Center
601 John Street
Suite M206C
Kalamazoo, MI 49007
269-488-8355

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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

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

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

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

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.

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.

Visit 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.
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 Assigned Claims**

[www.michigan.gov/sos](http://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: assignedclaimsfacility@michigan.gov

**Michigan Insurance Bureau**

517-373-9273

**Insurance Hotline**

[www.iiminfo.org](http://www.iiminfo.org)

800-777-8005

Sponsored by the Insurance Institute 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](http://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
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.

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.ncdrr.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.sinai grace.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

UNIVERSITY OF
MICHIGAN HEALTH SYSTEM
Model Spinal Cord Injury Care System
NI2A09 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

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

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

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

Western Michigan Hospitals Providing Rehabilitation

BORGESS MEDICAL CENTER
www.borgess.com
NeuroRehab - Program Director
1521 Gull Road
Kalamazoo, MI  49001
269-226-7000

LAKELAND REGIONAL HEALTH SYSTEMS
www.lakelandhealth.org
(In-patient rehabilitation)
1234 Napier Ave
St. Joseph, MI  49085
269-983-8130

LAKELAND REGIONAL HEALTH SYSTEMS
www.lakelandhealth.org
(In-patient rehabilitation)
1234 Napier Ave
St. Joseph, MI  49085
269-983-8130

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
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

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

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

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

MID-MICHIGAN Hospitals Providing Rehabilitation

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

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

COMMUNITY HOSPITAL
www.communityhospitalwatervliet.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

American Academy of Physical Medicine and Rehabilitation (AAPMR)
312-464-9700
www.aapmr.org
One IBM Plaza
Suite2500
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

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

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)

COUNSELING

MICHIGAN PSYCHOLOGICAL ASSOCIATION (MPA)
STATEWIDE REFERRAL SERVICE:
www.michpsych.org/
800-270-9070
This organization will attempt to link up a

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

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.
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 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


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.

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
e-mail: 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

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

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

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 Program is 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 a 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.

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.miamiparalysis.org

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.

**Model SCI System Doorway**

www.ncddr.org/rpp/hf/hf/mmscs

This website provides an entrance to the various spinal cord research systems funded by the National Institute on Disability and Rehabilitation Research (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 N12A09
Ann Arbor, MI 48109-0491
Project Manager:
Martin Forchheimer, MPP
734-763-0971
Email: forchm@umich.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.1.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.
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 N12A09
Ann Arbor, MI 48109-0491
Project Manager:
Martin Forchheimer, MPP
734-763-0971
Email:
forchm@umich.edu

New York

Mount Sinai Spinal Cord Injury Model System
www.mssm.edu/rehab/spinal
Kristján 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

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
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

New Jersey

Northern New Jersey Model Spinal Cord Injury System
www.kmrrec.org/njsci
David S. Tulsky, Ph.D.
Kessler Medical Rehabilitation Research and Education Corporation
1199 Pleasant Valley Way
West Orange, NJ 07052-1499
973-243-6849
Email:
dtulsky@kmrrec.org

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/modelsystem/
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) was awarded a new five-year grant from the National Institute on Disability and Rehabilitation Research (NIDRR) 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 Consort

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)

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

More Important Web Links and Resources
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
718-803-3782
Email: aascipsw@pva.org

An organization of psychologists and social
workers who provide for the emotional, behavioral and psychosocial care of persons affected by spinal cord impairment (SCI). AASCIPSW, incorporated in 1986, operates exclusively for scientific, charitable and educational purposes. AASCIPSW provides members the opportunity to develop and refine leadership skills through active participation in the Association.

NATIONAL SPINAL CORD INJURY ASSOCIATION
www.spinalcord.org
545 Concord Avenue
Cambridge, MA 02138
800-962-9629
617-441-8500
Established in 1948, NSCIA has many chapters throughout the United States. Chapter members participate in a variety of activities. They work with local and national officials and agencies to develop better programs and services and act as community advocates for improved access, housing, transportation, employment, and leisure time activities for disabled people. Peer support and other services are also provided.

PARAPLEGIA NEWS (PN)
www.pvamagazines.com/pnnews
A magazine with information on:
- spinal cord injury research
- new products
- legislation that impacts people with disabilities
- accessible travel
- computer options
- car/van adaptations
- news for veterans
- housing, employment, and health care
and all issues affecting wheelers and caregivers around the world
To subscribe call 888-888-2201

Carecure Community
sci.rutgers.edu
A wide range of information on SCI, including articles, legislative testimony, medical news, and an extensive on-line forum, the CareCure Community, providing “the latest information on spinal cord injury care, caregiving, cure, funding, life, pain, sex, links, research, and trials.”