



Spinal Connection



Mount Sinai
Spinal Cord Injury
Model System
Fall 2005

Mount Sinai School of Medicine Establishes Stem Cell Institute



Financier, Mr. Leon D. Black and his family have committed \$10 million to Mount Sinai School of Medicine to establish the Black Family Stem Cell Institute. The Institute, which will be directed by Gordon Keller, PhD, Professor of Gene and Cell Medicine, will integrate research in embryonic stem cells, developmental biology, and adult stem cell biology.

Stem cells are immature, undifferentiated cells (cells that do not yet have a specialized function) that have the unusual ability to form cells of any tissue. This capacity of stem cells to give rise to many different cell types opens the door for developing new approaches for the treatment of a broad spectrum of diseases, including spinal cord injury. Dr. Keller and his colleagues have been at the forefront of this field almost since its inception. Mr. Black's generosity will help to build upon and expand their investigations of how stem cells work and speed their efforts to develop practical applications based on laboratory findings.

The Black Family Stem Cell Institute will foster interdisciplinary collaboration among faculty members from numerous departments who are already working in stem cell research. According to Dr. Keller, the Institute's short-term goals involve generating specific populations of various cell types, such as blood, heart, and liver cells, from different types of stem cells. The researchers will document the capacity of these cells to function in pre-clinical models of human diseases. At the onset, the Stem Cell Institute will focus on building upon Mount Sinai's expertise in hematopoiesis (the formation of new blood cells), cardiovascular, liver and central nervous system research. The long-term goal is to use these findings to develop new therapies for various diseases. Applications in spinal cord injury, whether developed at Mount Sinai or elsewhere, are still a number of years away.

Mount Sinai Rehab Fair 2005

The Mount Sinai Department of Rehabilitation Medicine will be sponsoring the Annual 2005 Rehab Fair on Tuesday October 25th from 11am to 2pm. Information on the latest technology, SCI research studies, adaptive equipment, community reintegration, wellness and advocacy will be presented. Admission is free and all are invited.

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Jump Out of a Perfectly Good Airplane...You Crazy?

By Daniel Tratt

I don't consider myself a thrill seeker. In fact, I am afraid of heights. But I do like to have a good adventure every now and then. So when Jim Cesario contacted me about an opportunity to go on a trip sky diving, I was



place before my plunge thousands of feet in the air, but I was soon to find out. I was going up on one of the first planes that day. After filling out lots of paperwork, the staff at the Ranch helped me get into a jump suit while giving me instructions on what to do for the tandem jump. I paid attention and listened to their directions as I was getting even more nervous now that the jump was about to become a reality.

We wheeled our chairs out into a field as the

"This was a very scary feeling, and was by far the strongest moment of truth that I have ever experienced in my life"



the first one to sign up.

This would be my third adventure with the Mount Sinai Life Challenge Program. I had really enjoyed the skiing to trip in Vermont. I even had a great time white water rafting in Pennsylvania regardless of the torrential downpour at the time of the event. But this was the event that I looked forward to doing the most. When Jim first contacted me about the jump, I immediately circled that day in my calendar as I was not going to miss sky-diving. I had anticipated the jump for so long and when the day finally came, I was so excited

"Many think I am crazy for doing it and ask, Why would you want to do that? My answer to everyone is because we can"

that I got very little sleep the night before.

This being my first jump ever, I arrived very nervous not knowing what to expect or what was to take

plane pulled up. We were lifted out of our chairs and placed into the plane as there was no need for wheelchairs where we were going. The plane was really small and fit about 15 people. We were packed in like sardines in a tin can as we were attached to our professional jumpers for the tandem jump. Besides the tandem jumpers attached together, there were a few professionals that would be jumping alone to take photographs of our jumps. We lifted off and began climbing higher and higher, as we would be jumping out at an altitude of 13,000 feet!!!



Can Quads Float?

By Liz Treston

I can imagine that somewhere in the field of spinal cord injury a researcher is lining up for grant money to answer that exact question. There is no need to waste the money! I will fill you in on the physics of quads and buoyancy.

When Jim Cesario tells you about the Mount Sinai SCI Life Challenge Program, his passion makes you put your guard down. So, on the morning of June 18th, 2005, I put on my best looking athletic wear to go kayaking in Island Park, New York. I had never been kayaking before. I must admit that I was a bit reluctant; after all, I still had the fear of water from my accident. Jim said it could be done.



Adapted vans began to arrive at Empire

“I will fill you in on the physics of quads and buoyancy”

Kayaks. Nestled along Reynolds Channel on the South Shore, over a hundred kayaks are gathered there, in a variety of colors to greet you to a unique experience. The morning was a bit chilly but Jim was there to greet us with the staff from Empire Kayaks, with a box of coffee from Dunkin' Donuts and enough sugar treats to get your energy going.

The staff at Empire Kayaks could not be more

helpful in their expertise and guidance. I rode my wheelchair down the ramp as a bright yellow two-man kayak was placed next to my chair. A physical therapist and my boyfriend did a two-man lift and placed me on a cushion in the kayak. Although I was dressed for the part, I was still a bit nervous. Allow me to let you in on a secret. I despise driving in the car with my boyfriend, Doug. I am definitely a backseat driver and now I was going to let him paddle us into the unknown horizon. I was cursing Jim under my breath.

Other members of our group got into their kayaks as well. Susan and her husband ventured out in a blue two-man kayak. They glided out across the water in tandem like experts. Soon the water was filled with adventurous spirit and laughter from Trevor Dyson, Danny Hong, Adama, Andy Appelbaum and Joe Nipper. The day would not be complete without the assistance of James, a physical therapist,



Eileen Mancini, a volunteer and photographer, Ariane, a physical therapist, and Angie, an occupational therapist.

As I yelled back to my paddling partner, “Careful!” Doug would reassure me that we would not tip. I think he may have said, “Shut up.” but I can’t be sure. When a large boat would go by, it would cause a wake which

would make the kayak rise and fall like a mini roller coaster. It was fun. I stopped cursing Jim (and Doug) under my breath as we paddled through Reynolds Channel.

“I stopped cursing Jim and Doug under my breath as we paddled through Reynolds Channel”

1st Annual NYCSCIA Picnic in Central Park a Success

On August 23rd the New City Chapter of the National Spinal Cord Injury Association sponsored a picnic in Central Park for SCI patients of Mount Sinai and their families. NYCSCIA Picnic Chairman Debra Poli did a fabulous job organizing the event and working with Mount Sinai's Therapy Manager, Rose-Marie Faotto and her great staff to make it an evening of food, fun and fresh air. The absolutely perfect weather attracted quite a crowd with more than 90 people including patients, staff, families and NYCSCIA members, attending.



Dr. Ragnarsson standing with NYCSCIA President John Moynihan on right, and David Heard

Festivities included a Bocce Ball contest, horseshoes and a football toss as well as a little wheelchair mobility challenge - rolling up and down the hill in the East Meadow

helped everyone really work up an appetite! The main attraction was the food, and there were plenty of sandwiches, cookies and watermelon to go around...we all ate a lot and got to watch a beautiful sunset before darkness forced us to call it a night. Particular thanks goes to recreational therapists Beth Rosenfeld and Zakeima Batson who recently joined the Rehabilitation Department at Mount Sinai.



Michael Moody, Declan Jordan and David Heard



Ellie O'Neill on left with her peer mentor April Coughlin

The mission of the New York Chapter of the National Spinal Cord Injury Association (NYCSCIA) is to help people rebuild their lives after spinal cord injury by providing educational, financial, and emotional support. For further information to join call 1-888-NYCSCIA or e-mail nycspinal@nycspinal.org

Susan Pollack Feldman Receives Her PhD Degree

Congratulations to our own Susan Pollack Feldman who received her PhD in Pathokinesiology from New York University based on her dissertation: Cardiorespiratory Response Of Individuals With Cervical And Thoracic Spinal Cord Injury (SCI) During Upper and Lower Extremity Exercise. Susan is a physical therapist who coordinates the Mount Sinai FES Program.

Mount Sinai Welcomes Howard Choi, M.D.



Howard Choi M.D., MPH recently joined the faculty of Mount Sinai School of Medicine, Department of Rehabilitation Medicine. Dr. Choi is board-certified in Physical Medicine & Rehabilitation (PM&R). His clinical interests include spinal cord injury medicine, and rehabilitation of neurological and orthopedic disorders. He is also keenly interested in researching high technology solutions to improve the mobility and health problems of spinal cord injured and other disabled individuals.

Dr. Choi received his M.D. degree from the SUNY Downstate Medical Center in 1997, and a Master of Public Health degree from the Harvard School of Public Health in 2004. He completed residency training at the Johns Hopkins University School of Medicine in 2001 and fellowship training in SCI medicine at the VA Boston Healthcare System/Harvard Medical School in 2004. In 2005, he had completed 3 years of basic science research training at the Laboratory of Spinal Cord Injury and Neural Stem Cells of the Department of Neurosurgery,

Brigham & Women's Hospital, Harvard Medical School.

Dr. Choi is the principal author of *Physical Medicine & Rehabilitation Pocketpedia* (Lippincott Williams & Wilkins, 2003), a popular handbook for practitioners in PM&R, and co-author of the upcoming *Pain Medicine Pocketpedia* (Lippincott Williams & Wilkins, 2006). He has authored or co-authored original research articles in the *American Journal of PM&R*, *Journal of Neuroscience*, and *Proceedings of the National Academy of Sciences*. His awards include an American Medical Association Foundation National Leadership Award (2001) and the Foundation for PM&R New Investigator Award (2004).



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Mount Sinai Department of Rehabilitation Welcomes New Therapeutic Recreation Staff

Beth Rosenfeld MS, CTRS with several years of experience working with adults and children with disabilities and Zakeima Batson BS, CTRS also with several years of experience with geriatric patients, are happy to be working closely with the Spinal Cord Injury patients of Mount Sinai Rehabilitation Center's KCC-2., where they recently began work as recreation therapists. They have this to say:

As Recreation Therapists we utilize activity and community-based interventions and techniques to improve physical, cognitive, emotional, social and leisure needs. We help patients with their functional skills, help reduce depression, stress and anxiety, and improve socialization skills for daily living and community involvement.

“The weekly Do-It! Luncheon allows an opportunity for outpatients and inpatients with spinal cord injuries to connect”

Over the past few months our Department has established programs to benefit the patients of the SCI unit. These programs include: computer education class for patients to utilize adaptive computer equipment, creative arts and social events to promote social skills, socialization with peers, creativity and confidence; cooking class to promote healthy living and independence in the kitchen; the “Lookin Good – Feelin Good” program to promote a positive self image and relaxation; “Young-Ins” is a group we established for our patients under 25 to make decisions together

regarding their recreation participation; together with psychology and outpatient coordinators, the weekly Do It! Luncheon allows an opportunity for outpatients and inpatients with spinal cord injuries to connect.

One of the programs we feel most passionate about is the newly developed Community Re-Integration program. This program was established to assist newly injured patients with their transition back into the community. Getting patients back into the community provides opportunities for people to utilize the skills they've learned in therapy in a real life setting with the support of therapists, making it less stressful, more successful and enjoyable. Our trip to Yankee Stadium on September 8th was an example of how important Therapeutic Recreation and Community Re-Integration is to the patients of KCC 2. Patients and staff enjoyed a night full of fun, food and friends away from the hospital.



In the future, we hope to continue this part of the Therapeutic Recreation program with community outings to museums, local restaurants, movies, Broadway shows and additional sporting events.

Our philosophy is that with Therapeutic Recreation... **The POS-ABILITIES are endless...**

For more information about
The Do-It! Program call
Laurie Allen-Schneider
at (212) 241-8056



MOUNT SINAI REHABILITATION CENTER

Do-It! Program

The Assertiveness Issue



One of the goals of the Do It! Program is to help patients advocate for themselves in the community, in their homes, in the workplace and in school. Equally essential is the ability to communicate their needs and desires to their physicians, home health care aides and other individuals on their treatment teams. But all too often, people have a hard time communicating effectively in order to get their needs met. So we thought we'd dedicate this issue of our newsletter to Assertiveness. We hope you find it helpful.

- The Do It! Team

Assertiveness (from the University of Illinois Counseling Center and on the web at www.couns.uiuc.edu/brochures/assertiv.htm)

Do you often find that others coerce you into thinking their way? Is it difficult for you to express your positive or negative feelings openly and honestly? Do you sometimes lose control and become angry at others who don't warrant it? A "yes" answer to any of the above questions may be an expression of a common problem known as "lack of assertiveness.."



What is Assertiveness?

Assertiveness is the ability to express yourself and your rights without violating the rights of others. It is appropriately direct, open, and honest communication which is self-enhancing and expressive. Acting assertively will allow you to feel self-confident and will generally gain you the respect of your peers and friends. It can increase your chances for honest relationships, and help you to feel better about yourself and your self-control in everyday situations. This, in turn, will improve your decision-making ability and possibly your chances of getting what you really want from life. "Assertiveness basically means the ability to express your thoughts and feelings in a way that clearly states your needs and keeps the lines of communication open with the other" (The Wellness Workbook, Ryan and Travis). However, before you can comfortably express your needs, you must believe you have a legitimate right to have those needs. Keep in mind that you have the following rights:

The right to decide how to lead your life. This includes pursuing your own goals and dreams and establishing your own priorities. The right to your own values, beliefs, opinions, and emotions -- and the right to respect yourself for them, no matter the opinion of others. The right not to justify or explain your actions or feelings to others. The right to tell others how you wish to be treated. The right to express yourself and to say "No," "I don't know," "I don't understand," or even "I don't care." You have the right to take the time you need to formulate your ideas before expressing them. The right to ask for information or help -- without having negative feelings about your needs. The right to change your mind, to make mistakes, and to sometimes act illogically -- with full understanding and acceptance of the consequences. The right to like yourself even though you're not perfect, and to sometimes do less than you are capable of doing. The right to have positive, satisfying relationships within which you feel comfortable and free to express yourself honestly -- and the right to change or end relationships if they don't meet your needs. The right to change, enhance, or develop your life in any way you determine.



When you don't believe you have these rights -- you may react very passively to circumstances and events in your life. When you allow the needs, opinions, and judgments of others to become more important than your own, you are likely to feel hurt, anxious, and even angry. This kind of passive or nonassertive behavior is often

(continued on next page)

Assertiveness (cont'd)



indirect, emotionally dishonest and self-denying. Many people feel that attending to their legitimate needs and asserting their rights translates to being selfish. Selfishness means being concerned about only your rights, with little or no regard for others. Implicit in your rights is the fact that you are concerned about the legitimate rights of others as well.



Selfishness and Aggressiveness

When you behave selfishly, or in a way that violates the rights of others, you are, in fact, acting in a destructive, aggressive manner --rather than in a constructive, assertive manner. There is a very fine line that divides the two manners of action. Aggressiveness means that you express your rights but at the expense, degradation, or humiliation of another. It involves being so emotionally or physically forceful that the rights of others are not allowed to surface. Aggressiveness usually results in others becoming angry or vengeful, and as such, it can work against your intentions and cause people to lose respect for you. You may feel self-righteous or superior at a particular time -- but after thinking things through, you may feel guilty later.



What Assertiveness Will Not Do

Asserting yourself will not necessarily guarantee you happiness or fair treatment by others, nor will it solve all your personal problems or guarantee that others will be assertive and not aggressive. Just because you assert yourself does not mean you will always get what you want; however, lack of assertiveness is most certainly one of the reasons why conflicts occur in relationships.



Specific Techniques for Assertiveness

Be as specific and clear as possible about what you want, think, and feel. The following statements project this preciseness: "I want to..." "I don't want you to..." "Would you...?" "I liked it when you did that." "I have a different opinion, I think that..." "I have mixed reactions. I agree with these aspects for these reasons, but I am disturbed about these aspects for these reasons." It can be helpful to explain exactly what you mean and exactly what you don't mean, such as "I don't want to break up over this, but I'd like to talk it through and see if we can prevent it from happening again."

Be direct. Deliver your message to the person for whom it is intended. If you want to tell Jane something, tell Jane; do not tell everyone except Jane; do not tell a group, of which Jane happens to be a member.

"Own" your message. Acknowledge that your message comes from your frame of reference, your conception of good vs. bad or right vs. wrong, your perceptions. You can acknowledge ownership with personalized ("I") statements such as "I don't agree with you" (as compared to "You're wrong") or "I'd like you to mow the lawn" (as compared to "You really should mow the lawn, you know"). Suggesting that someone is wrong or bad and should change for his or her own benefit when, in fact, it would please you will only foster resentment and resistance rather than understanding and cooperation.

Ask for feedback. "Am I being clear? How do you see this situation? What do you want to do?" Asking for feedback can encourage others to correct any misperceptions you may have as well as help others realize that you are expressing an opinion, feeling, or desire rather than a demand. Encourage others to be clear, direct, and specific in their feedback to you.



Learning to Become More Assertive

As you learn to become more assertive, remember to use your assertive "skills" selectively. It is not just what you say to someone verbally, but also how you communicate nonverbally with voice tone, gestures, eye contact, facial expression and posture that will influence your impact on others. You must remember that it takes time and practice, as well as a willingness to accept yourself as you make mistakes, to reach the goal of acting assertively. As you practice your techniques, it is often helpful to have accepting relationships and a supportive environment. People who understand and care about you are your strongest assets.

King of the World



My name is Namel Norris. I've had a T2 paraplegia for six years. I recently went on Mt. Sinai's Life Challenge trip to Lake George. Let me begin by saying I had a blast. It was my first time attending one of these trips. I'm not I'm going to lie: at first I was a bit unsure about

going. I thought something would go wrong: a accident, a fall or some other crazy mishap. I was also hesitant about going because my girlfriend couldn't go and I was going to have to take the trip by myself.

Well, after a couple encouraging phone calls from Jim Cesario I decided to take on the challenge and go. I left my house at 5:30am Saturday morning to catch the Greyhound bus which was leaving the Port Authority at

matter what happens".

I was in a boat with Eileen, Andy and the Instructor. We had a good time. The weather was nice, the sun was shining, the wind was blowing, and the water was moving. There were times I felt like I was going to fall into the water because the boat was rocking back and forth so much, but that made it more exciting. It felt good just being out there, checking out the beautiful scenery. I felt like I was the king of the world, like Leonard in The Titanic.

"I felt like I was the King of the World, like Leonardo DiCaprio on the Titanic"



Namel, Jess, and Leroy

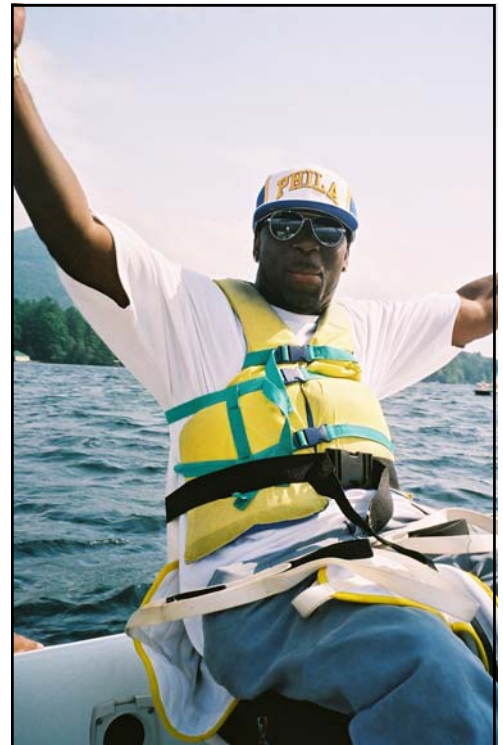
7am. It was scheduled to arrive in Lake George about noon.

My ride going upstate went pretty well, until I finally got to Lake George an hour late and couldn't get off the bus because the lift wasn't working. Jim and Eileen had been waiting there for me for an hour. We thought we were going to have to get some guys off the street to carry me off, but as soon as we began recruiting, the lift started

"Let go of your fears, take on the challenge"

working. After I finally got off the bus I got into Eileen's car, and we headed for sailing, which caught me off guard because I thought we were going to the hotel first. I had no idea what sailing was going to be like for a paraplegic. I was a bit nervous, but I told myself "not to worry everything is going to be all right, no

After we finished sailing, we went to the hotel and got ready to go into town to eat and have some drinks. We ended up going to an Italian restaurant named Sopranos. I had a delicious steak and cheese sandwich and a beer. After we finished eating, we took some group pictures in front of the restaurant with the owner who was dressed like a mobster, then we went to a bar next door



Namel, King of the World

to shoot some pool and have drinks. Even though I lost, I enjoyed shooting pool and just being able to talk trash and laugh with everyone. After we were done in the bar we headed back to the hotel and got ready to go jet skiing the next day.

Continued on page 11

Life Challenge Ski Trip Scheduled for December



Where: Bromley Mountain Vermont

When: Friday December 16th to Sunday December 18th 2005

Participants: Persons with spinal cord injury, family members, friends, and volunteers

How: We will be staying over Fri. and Sat. nights at the Killington Holiday Inn, which hosts an indoor pool, sauna, jacuzzi, restaurant, sports lounge and fireplace. We will be skiing at Bromley Mountain on Saturday. The Mountain will provide adaptive ski equipment and trained instructors for persons with disability

Cost: *Mount Sinai SCI Program Participants* -hotel stay, lift ticket, equipment, ski instruction, and Sat. night social- \$25.00

Family, Friends, and Others - two-night hotel stay, lift ticket, Saturday night social- \$165.00. *(All prices reflect double occupancy)*

Contact: Space is limited. If you are interested contact:
Jim at **212-659-9369** or james.cesario@mssm.edu

The Life Challenge trips are open to persons with spinal cord injury who are active participants (former inpatients or current or former outpatients) in the Mount Sinai Model Systems Program, family members and friends. Participant must be able to take care of his or her ADL and medical needs independently or with the assistance of a family member, friend or home attendant and must get to the event location using his/her own transportation.

"King of the World" continued from page 9

When I woke up in the morning I was excited, anxious, and couldn't wait to get on the jet ski. When we arrived at the jet ski place it was steaming hot, so I was dying to get in the water. For a moment I was wondering how I was going to get on the jet ski and then, before I knew it, two guys lifted me out of my chair and put me on the ski. I was on the fastest one there, that thing took off like a rocket. I was doing at least 30 to 40 miles. Man, I was holding on to those handlebars so tight that my hands began to cramp, but I was having so much fun I didn't care. The water was splashing in my face and the wind was behind my back, it was a priceless experience. I felt like I had no worries in the world. It was just me, the water, and the jet ski.

After we finished skiing we ate a relaxing lunch on the waterfront, and then went back to the hotel to get ready for an elegant dinner in the hotel's ballroom. I ate a yummy prime rib with potato and gravy. Towards the end of the meal, Jim gave out t-shirts as awards for things people did during the trip. I won for doing a good Leonardo Dicaprio impression when I was sailing. It was a nice finale to a great weekend. After all the awards were giving out I went back to my room and prepared to go home the next day. Luckily for me I didn't have to take the bus back-I was able to catch a ride with Leroy, another para who has his own van with a lift.

Overall the trip was much better than I expected. If anyone is unsure about whether or not they want to do it, let go of your fears, take on the challenge and do it. You won't regret it, trust me.



Volunteer therapists and staff assist participants in launching kayaks from the dock

"Can Quads Float" continued from page 3

The waterway connects with the bay and creeks. The marshland is filled with a number of aquatic birds that would encircle the sky above. I am a city girl at heart and surprised by anything flying other than pigeons. We were awed by the variety of plovers, sandpipers, yellowlegs, snipes, ducks, geese and seagulls. As we were turning a bend, a red kayak was turned upside down. My nightmare was 100 yards ahead. We all began to paddle towards the now unmanned craft. Hanging on to the side of the kayak was Danny and his friend. Wow! Quads can float! He was smiling and reassuring us that he was fine. In no time Danny was plucked from the water, still smiling, but very wet.

When we returned to the dock, Danny had changed and was ready for the afternoon barbecue at Peter Zarba's home. The day was perfect. I accomplished something new, something I have done every year since my spinal cord injury. I met some wonderful people that share a sense of adventure and positive attitudes.

Now researchers may want to take note. Danny was going to try his hand at skydiving. The next question will be: **Can quads fly?**

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"Jump Out of a Perfectly Good Airplane...You Crazy?
Continued from page 2

I was to be the second one to jump off the plane. After I saw the first tandem go, they placed me alongside the edge of the open plane door. The first thing I did when they sat me there was look straight down. I immediately started screaming and realized that the professional attached to me was going to jump, whether I was ready to go or not... I had no control of what was going to happen next!!! This was a very scary feeling, and was by far the strongest "moment of truth" that I have ever experienced in my life.

One, two, three.... and off we went. Everything seemed to happen so fast as I began to free fall from 13,000 feet above. I felt as if I was racing towards the ground below and remember feeling as if my stomach was about to exit my mouth. I began screaming as loud as I possibly could. Despite the volume of my screams, no one but myself was able to hear me due to the speed of our free fall.

After the terrifying first twenty seconds, I became used to the exhilarating feeling of your stomach wanting to exit your body and began enjoying the kamikaze-like free fall. Falling in the air at such a speed was such a natural high, a sensation that is like no other. I was mesmerized by the fantastic view and couldn't believe what I was experiencing or seeing.

After free falling for about 50 seconds, the professional attached to me pulled the parachute. All of a sudden everything slowed down. My screams ended and everything was so quiet, the sound of the wind whipping through the parachute was so peaceful. We slowly descended for about five minutes and I was taking in the priceless view of the Hudson Valley below. When we landed on the ground, my mind and body were having trouble getting used to being back on land.

I was in a daze, I couldn't believe what I had just done or what I had accomplished. It was over, I had survived. Within ten minutes I received a roll of film and a DVD of my experience so that I had solid proof of my jump. I could now brag to friends and family that I had jumped out of a plane at 13,000 feet. I would push my pictures on them showing them what they had missed. Many think I am still crazy for doing it and ask me "why would you want to do that?" My answer to everyone is "because we can."

Christopher Reeve Paralysis Foundation Resource Center Offering Free Copies of "Role Models" Book

We are pleased to inform you that the Resource Center of the Christopher Reeve Paralysis Foundation recently purchased a substantial number of copies of *Roll Models* books and is now offering to send them, upon request and free of charge, to anyone contacting the Resource Center. This is a great way for people with SCI now living in the community to get a copy of the book. The Reeve Resource Center number is **1-800-539-7309**. Please share this news with anyone you feel would benefit from having the book. The book, with excerpts available, can be found at Amazon's website, then going to *Roll Models*.

Christopher Reeve Foundation Superman Tags



FRONT & BACK VIEWS
(SIMILAR FOR BOTH NECKLACE & CLIP)

Christopher Reeve redefined courage and hope. His strength, determination, and compassion inspired the world. He was our hero. Today, the Christopher Reeve Paralysis Foundation proudly introduces the CRPF Superman Tag. This special offer is your opportunity to pay personal tribute to Christopher Reeve's incredible legacy. By wearing the CRPF Superman Tag, you show your belief that Christopher's vision will Go Forward. The Christopher Reeve Foundation Superman Tags can be worn around the neck on a chain, or clipped onto gear, sports equipment, purses, or book bags.

All proceeds from the sale of the Superman Tags go to the Christopher Reeve Paralysis Foundation. Purchase the Superman Tag to show your support of Christopher Reeve's vision and the mission of his Foundation.

For more information go to www.christopherreeve.org or call (800)225-0292 .

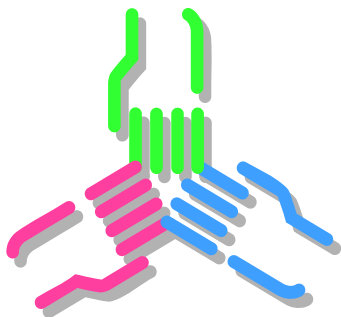
How to Contact Mount Sinai's SCI Program

Rehab Physicians Faculty Practice.....	212-241-3981
KCC-2 Nursing Station.....	212-241-2990
SCI Outpatient Clinic.....	212-241-1537
Inpatient Therapy KCC-2.....	212-241-1912
Do-It! Outpatient Program	212-241-8056
Community Outreach (Jim Cesario).....	212-659-9369
Assistive Technology Clinic.....	212-241-8043
Vocational Services (Sandy Starr).....	212-241-9217

Please feel free to let us know what you think about the Spinal Connection newsletter. If you have something to say or you would like us to cover a particular topic, just call us at 212-659-9369 or e-mail us at james.cesario@mssm.edu.

Mount Sinai Rehab Fair
October 25th 2005

Life Challenge Ski Trip
December 16th-18th



**Spinal Cord Injury
Survivors, Family Members, and Friends!!**

**The Greater New York Chapter of the
National Spinal Cord Injury Association**

is hosting
A Membership Meeting and Support Group

The 4th Tuesday of the Month
October 25th, November 22nd, December 27th 2005

In the KCC-2 Community Dining Room
at
Mount Sinai Rehab Center
1450 Madison Avenue
KCC-2 Community Dining Room
New York, N.Y. 10029-6574

Everyone is welcome. Refreshments will be served.

*THE SPINAL CORD INJURY ASSOCIATION IS COMPRISED OF SPINAL CORD
INJURY SURVIVORS, FAMILY MEMBERS, AND FRIENDS WHOSE MISSION IS TO
EDUCATE, MOTIVATE AND EMPOWER SURVIVORS OF SPINAL CORD INJURY AND DISEASE.*

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