

# THE SPINAL CONNECTION



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# 2019

Happy New Year!

What are your New Year Resolutions? The New Year's is here, a time when many people reflect on their progress during the past year and improvements they would like to make in the future. New Year's resolutions are for everyone, including the disabled. Individuals with disabilities have lots of experience in overcoming formidable challenges and are resourceful, determined and patient. Here are some suggestions on how to make 2019 a happy, healthy and productive year – not just for yourself, but others, too!

[New Year Resolutions For Those Living With A Disability](#)

## Overcoming Obstacles Interview Series

### Meet Former Gymnast and Disability Advocate Sang Lan



Sang Lan achieved excellence in gymnastics at a young age. She was one of China's strongest vaulters winning the 1991 Zhejiang Province Championships and placing second at the 1995 Chinese Nationals. In 1998, during a routine warm-up vault at the Goodwill Games, Sang landed on her head and sustained a complete cervical SCI. Sang remained in New York City for almost a year, receiving rehabilitation at our Spinal Cord Program at Mount Sinai Hospital. Twenty years later, she is a college graduate, a mother, a news media figure, and a advocate for the Chinese disability community. This past month we were fortunate to reconnect with Sang and talk about her life post-injury.

#### What do you most remember about your time at Mount Sinai Rehab?

"I was in Mount Sinai rehabilitation for about 10 months in 1998. That was the luckiest thing that had happen in my life even though I was facing a lot of adversity at the time. At Mount Sinai, I met with Dr. Kristjan T. Ragnarsson, my attending doctor, and many enthusiastic therapists and nurses. This is not only the place where I started my new life, but also the place that led me to understand the preciousness of life. It gave me a solid foundation for becoming a wife and mother. Therefore, my life in Mount Sinai Rehabilitation Center was one of my best and deepest memories."

#### What type of Advocacy work are you involved in?

"I am an advocate for people with disabilities in China. I focus on our rights to have a barrier free society including in education and protection for retired athletes in China."

You seem to have a positive outlook post injury, what advice would you give to others who are recently injured on transitioning back into the community? *hope they can understand that they didn't lose everything because they are still alive! In the meantime, they need to keep a positive attitude and strive keep fighting and believe that they can overcome. Also, Keep smiling. Not only will it make everyone around you happier and hopeful, but it also provides confidence within yourself to face the future. Nothing is more important than life and we all need to treasure that. Many people feel depressed and think that they have lost everything, however, the truth is that they still can be happier through hard work. The key is to not give up, instead manage your life and make it more colorful and wonderful!*

To read the complete interview visit [Overcoming Obstacles Interview Series](#) on our website

### MTA Discussion About the Next Accessible Subway Stations



NYCT's Fast Forward Plan calls for the addition of new accessible stations over the next five years to ensure that all subway customers are no more than two stations away from an accessible station. This is your opportunity to be heard and share your feedback as part of the selection process for the next stations. The discussion will take place on **Wednesday, February 6, 2019 - 6:00PM to 8:30PM** at **MTA New York City Transit (2 Broadway, Ronan Board Room, 20th Floor, New York, NY 10004)** They will present information on potential stations and engage in a dialogue to get community feedback on priorities for selection of the next ADA stations. Information and feedback gathered at this meeting will help inform which stations will be selected next to be made accessible. All are welcome to attend, including disability advocates, elected officials, and members of the general public. RSVP to [Accessibility@NYCT.com](mailto:Accessibility@NYCT.com) (RSVP preferred but not required). See attached flyer [HERE](#) for more details.

### NYC United Spinal Mardi Gras 2019



Tickets for [United Spinal Association of NYC MardiGras](#)



Fundraisers are on sale now! NYC Spinal's 15th Annual Mardi Gras Fundraiser is an evening filled with good food, great music and crazy surprises. All proceeds will be used to support the NYC Spinal Grant Program. Visit NYC United Spinal for more information.

Mardi Gras

Interested in Learning about ICS's new Health Home Program?



**Join us!**

Learn how the new ICS Health Home program can further support your health and independence in the community you live in.

**Monday, February 4 at 5:00pm**  
 ICS Brooklyn, 11111 Ave. J, Brooklyn, NY 11231  
 (718) 636-6300 (ext. 200) (handicap)

**Friday, February 8 at 5:00pm**  
 ICS Queens, 141-11 Fresh Pond Rd., 11354, Queens, NY 11354

**Tuesday, February 12 at 5:00pm**  
 ICS Manhattan, 210 W. 11th St., 76th Fl., Brooklyn, NY 11201

907-618-6666 or by email at [ics@icsnyc.org](mailto:ics@icsnyc.org)

**RSVP:** [email: events@icsny.org](mailto:events@icsny.org)  
 call: 877-958-8427



**Interested in learning about ICS's new Health Home program?**

Join us for a workshop explaining how Health Home services can further support your health and independence in the community you live in.

**When:** Wednesday, February 6 at 3:00pm and  
 Wednesday, February 13 at 7:00pm  
 (Sponsored by "Open and Proud" event)

**Where:** 1327 56 Ave, New York, NY 10029  
 (On the corner of E. 57th Street)

**RSVP:** By email to [info@independencynyc.org](mailto:info@independencynyc.org)  
 or call 866.666.3322 (TDD)

Eight refreshments will be served at each event.



ICS will be hosting a series of workshops to explain how their new home health services can further support your health and independence. Join them on February 4th, 8th, or 12th at one of their ICS locations or February 6th and 13th at The [Axis Project](#) locations. See above flyers for details (Click on flyer to enlarge). To RSVP email [events@icsny.org](mailto:events@icsny.org) or [info@axisproject.org](mailto:info@axisproject.org) or call 877-958-8427/646-844-2947.

**HEIDI LATSKY SCI Pilot DANCE**

A paid opportunity for people with spinal cord injuries to participate in 10 installations through Heidi Latsky Dance



Heidi Latsky Dance SCI Pilot [Heidi Latsky Dance](#) is looking for people with spinal cord injuries to participate in a paid opportunity to be a part of 10 installations between now and July 2019. For more information click [HERE](#)

**2019 NATIONAL CRT LEADERSHIP & ADVOCACY CONFERENCE**  
 MAY 1 - 2

REGISTER ADVOCATE ORGANIZE

HOSTED BY NICART AND NCRT  
 RENAISSANCE ANNEBOURNE CAPITAL HILL HOTEL  
 ANNAPOLIS, MD



**2019 National Conference**  
 National Coalition for Assistive and Rehab Technology will be having their national conference. Don't Let Congress Forget CRT: Join them in May! For more information visit [NCART](#)



**Rock Climbing Group**  
 Have you heard of our Life Challenge monthly Rock Climbing Group? The Adaptive Climbing Group provides a fun and safe environment for individuals with disabilities to learn how to rock climb. Join us for our next climb on February 12!  
[Monthly Rock Climbing Club](#)

**NY STATE COALITION FOR STUDENTS WITH DISABILITIES**

WE NEED YOUR PARTICIPATION HERE  
**FEBRUARY 11, 2019**  
 10:00AM TO 3:00PM  
 EMPIRE STATE PLAZA CONVENTION CENTER  
 MEETING ROOM 1 ALBANY, NEW YORK

**RALLYING FOR FUNDS TO SUPPORT STUDENTS WITH DISABILITIES IN COLLEGES...**

PRESS CONFERENCE AT 1:00PM AT THE MILLION-DOLLAR STAIRCASE IN THE NY STATE CAPITOL BUILDING



REGISTER HERE: <https://goa.gov/forms/09/550907141631001>

**Disability Services Lobby Day for CUNY**  
 Are you a [CUNY](#) student? Join NY State Coalition on a day trip to Albany for a press conference and lobbying day for students with disabilities across the state. See above flyers for detail (Click on flyer to enlarge). Register [HERE](#)

In The News...

**Winter Weather Wheelchair Tips:** "We all know that there are times when regardless of weather we still need to get out in our wheelchairs. Here are a few tips to stay safe and mobile during those tough winter months..."



**How They Won: Three Wheelchair Users Share Stories About Their Election to Office.** "Of all the barriers to running for office as a wheelchair user — misplaced metaphors aside — the most pervasive is front steps. There is no substitute for old-fashioned door-to-door canvassing, especially when you're campaigning at the local level. But private residences, you may have noticed, usually have steps..."

**Paralyzed Artist Learns To Paint With His Mouth: 'It's An Obsession. I Love It That Much!'** "Antonio Davis was shot 24 years ago in one of Chicago's roughest neighborhoods. It nearly killed him. Davis overcame his damaging injuries to become a successful painter. He also found love along the way..."



**'The Upside' is no 'Intouchables':** "The Upside is a remake of a French film that I liked very much, The Intouchables, released to worldwide acclaim in 2011. How could they top that masterpiece..."

**New O'Hare restroom more accessible than any other in U.S., officials say:** A new, accessible bathroom opened last month inside Terminal 2 at O'Hare International Airport, the first of its kind in the country, according to the city's recently formed Airport Advisory Committee..."



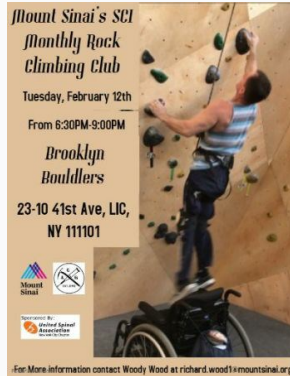
**Take a look at this heart:** "A film about love, sexuality, and the human bond within the disabled community. A journey into the lives of 17 very unique people; some with disabilities and the partners who love them, others struggling to get by in a world that seems to often overlook them..."



## Weekly Events

- [SCI Transitions Support Group](#) - Every Wednesday from 12:00 - 1:30 pm
- [SCI Family & Friends Support Group](#) - Every Wednesday from 5:00 pm - 6:00 pm
- [Meditation Group](#) - Every Friday from 4:30 pm - 5:30 pm
- [Wheelchair Mobility Class](#) - Every Friday from 11:00 am - 12:00 pm
- [Women on Wheels](#) - Every 2nd and last Wednesday of every month 3:00 pm - 4:00 pm

## Upcoming Life Challenge Events



For info or to reserve a spot, contact [Woody Wood](#)

- [Monthly Rock Climbing Club- February 12th](#)
- [Life Challenge Ski Trip- February 1st - 3rd](#)

## Researchers Looking For Participants

Click on the links below to learn more about each study:

- [The Bronx VA is Investigating the Degree of Cardiovascular Autonomic Dysfunction in People with Spinal Cord Injury](#)
- [Telephone Interviews for Persons with Spinal Cord Injury](#)
- [Wheelchair Maintenance App](#)
- [Dose Response to the Norepinephrine Precursor Droxidopa in Hypotensive Individuals with Spinal Cord Injury \(SCI\)](#)
- [Measurement of Autonomic Cardiovascular Integrity in Persons with SCI](#)

### Wheelchair Maintenance App



Want to participate in research? If you have a Spinal cord injury that occurred over 1 year ago and use a wheelchair as your primary means of mobility, we want to hear from you! For more information please visit link below:

[KeepMvn App](#)

## Recipe for the Month



### Winter Squash Carbonara with Pancetta and Sage

Ingredients:

Yield: 4 servings

- 2 tablespoons olive oil
- 4 oz. pancetta (Italian bacon), chopped
- 1 tablespoon finely chopped fresh sage
- 1 2-lb. kabocha or butternut squash, peeled, seeded, cut into 1/2" pieces (about 3 cups)
- 1 small onion, chopped
- 2 cloves garlic chopped
- Kosher salt and freshly ground black pepper
- 2 cups low-sodium chicken broth
- 12 oz. fettuccine or linguine
- 1/4 cup finely grated Pecorino, plus shaved for serving

1. Heat oil in a large skillet over medium-high heat. Add pancetta, reduce heat to medium, and cook, stirring occasionally, until crisp, 8–10 minutes. Add sage and toss to coat. Using a slotted spoon, transfer pancetta and sage to a small bowl; set aside.
2. Add squash, onion, and garlic to skillet; season with salt and pepper and cook, stirring occasionally, until onion is translucent, 8–10 minutes. Add broth. Bring to a boil, reduce heat, and simmer until squash is soft and liquid is reduced by half, 15–20 minutes. Let cool slightly, then purée in a blender until smooth; season with salt and pepper. Reserve skillet.
3. Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 1 cup pasta cooking liquid.
4. Combine pasta, squash purée, and 1/4 cup pasta cooking liquid in reserved skillet and cook over medium heat, tossing and adding more pasta cooking liquid as needed, until sauce coats pasta, about 2 minutes. Mix in 1/4 cup Pecorino; season with salt and pepper.
5. Serve pasta topped with reserved pancetta and sage, shaved Pecorino, and more pepper.

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