



AGENDA

- 9:30 – 10:00 AM** **Registration/Continental Breakfast**
- 10:00 – 10:15 AM** **Welcome & Introductory Remarks**
Jeanne M. Zanca, PhD, MPT
Senior Research Scientist, Spinal Cord Injury Research, Kessler Foundation
Trevor Dyson-Hudson, MD
*Co-Director, Northern New Jersey Spinal Cord Injury System (NNJSCIS),
Director, Spinal Cord Injury Research, Kessler Foundation & Associate
Professor, Department of Physical Medicine and Rehabilitation, Rutgers
New Jersey Medical School*
Scott Chesney
President, Scott Chesney, LLC
- 10:15 – 10:45 AM** **Session 1 – Finding and Funding the Latest Wheelchair Technology**
Mary Shea, OTR/L, ATP
Clinic Manager, Wheelchair Services, Kessler Institute for Rehabilitation
*Learn about new wheelchair and seating technologies that can enhance
your mobility as well as creative ways of finding funding for new
technology.*
- 10:45 – 11:15 AM** **Session 2 – Robotic Exoskeletons**
Gail F. Forrest, PhD
*Associate Director, Human Performance and Engineering Research, Kessler
Foundation & Associate Professor, Department of Physical Medicine and
Rehabilitation, Rutgers New Jersey Medical School*
*Learn about the FDA approval status of devices to help people with SCI
return to walking activities, current research about their potential benefits,
and programs at Kessler Institute for Rehabilitation and Kessler Foundation
that provide access to these technologies.*
- 11:15 – 11:30 AM** **Break (15 minutes)**

- 11:30 AM – 12:45 PM** **Session 3 (Keynote) - The State of Spinal Cord Injury: Latest News on Clinical Trials of Interventions to Promote Recovery**
Wise Young, MD, PhD
Founding Director of the W. M. Keck Center for Collaborative Neuroscience, Richard H. Shindell Chair in Neuroscience, Distinguished Professor in the Department of Cell Biology & Neuroscience at Rutgers, The State University of New Jersey
Steven Kirshblum, MD
Co-Director, NNJSCIS, Medical Director and Director of Spinal Cord Injury Services, Kessler Institute for Rehabilitation & Professor, Department of Physical Medicine and Rehabilitation, Rutgers New Jersey Medical School
Hear the latest updates on clinical trials of treatments designed to promote recovery of function after spinal cord injury.
- 12:45 – 2:00 PM** **Lunch, Resource Exposition, and Robotics Demonstrations**
Visit the resource tables to connect with services and organizations that can help you meet your goals. See robotic exoskeletons in action and ask questions about how they work. Network with others with SCI and their loved ones.
- 2:00 – 2:30 PM** **Session 4 – Tips and Tricks for Successful Air Travel**
Mary Shea, OTR/L, ATP
Trevor Dyson-Hudson, MD
Get practical advice to help you (and your assistive technology) travel safely and smoothly by air.
- 2:30 – 3:00 PM** **Session 5 – Options for Travelers with Special Needs**
Linda C. Cutrupi, CMP, ARC, IATA, IATAN, CLIA
Owner, Mainly Special Needs Travel, LLC, Author of "A Handbook For Special Needs Travelers," Special Needs Travel Specialist, Certified Accessible Travel Advocate, & Instructor, Bergen Community College
Learn about the many ways you can explore the world and get advice to help you prepare for a successful trip.
- 3:00 – 3:15 PM** **Break (15 minutes)**
- 3:15 – 4:15 PM** **Session 6 – Keeping "On the Move": Adventures in Real Life**
Moderator: Trevor Dyson-Hudson, MD
Panel Members: Scott Chesney, Charles Fleisher, Ronald Moore, Maggie Redden, Paul Ward
Hear the stories and real-world advice of people with SCI or other physical disabilities who are active in their communities.
- 4:15 – 4:30 PM** **Closing - Taking Action**
Scott Chesney



SPEAKER BIOGRAPHIES

Scott Chesney
President, Scott Chesney, LLC
www.scottchesney.com

Scott Chesney, a two-time world traveler and a navigator of life with paralysis for 30 years, has presented to over one million people in 38 countries. After awakening to paralysis at the age of 15 from a sudden spinal stroke, Mr. Chesney has amassed a resume of transformational experiences, powerful insights, and inspiring stories that cut to the core of the human spirit. He has become a nationally and internationally recognized workshop and keynote presenter, and his positive and inspiring messages have changed countless lives. His insights have been coveted and applauded by Fortune 500 corporations, hospitals/rehab centers, associations, audiences at The United Nations, The Pentagon and the FBI, colleges and universities, and K-12 schools.

Realizing that his audience members wanted more individual guidance after his presentations, Mr. Chesney became a professional Life Coach in which he combines transformational techniques and strategies that he learned from his world travels and continues to practice himself today to help people create personalized blueprints for navigating life happily and successfully. As a person who skydives, walks on hot coals on his hands, para-sails, and continues to engage in many other adventures around the world, Mr. Chesney prides himself of living life to its fullest and encourages and trains audiences and clients to do the same.

Most recently, Mr. Chesney became the Spokesman for Rowheels, to help promote a revolutionary wheel for wheelchairs that is a game-changer for people with disabilities. In addition, Mr. Chesney became President of the Raise Hope Foundation in 2011 that trains, mentors, and places people with disabilities and veterans for competitive careers. He is also an Ambassador for the Christopher & Dana Reeve Foundation, an Ambassador for Kessler Foundation, a member of the Seton Hall University Leadership Advisory Council, and a member of the Board of Trustees for The Knowles Foundation. He has also served on the Board of Trustees for Children's Specialized Hospital. Mr. Chesney graduated from Seton Hall University in 1992 with a B.A. degree in Communications.

Mr. Chesney is married, has two children, and resides in New Jersey.

Linda C. Cutrupi, CMP, ARC, IATA, IATAN, CLIA
Owner, Mainly Special Needs Travel, LLC, Author of “A Handbook For Special Needs Travelers,” Special Needs Travel Specialist, Certified Accessible Travel Advocate, & Instructor, Bergen Community College
www.mainlyspecialneedstravel.com

Linda Carole Cutrupi was born in Bergen County, New Jersey and continues to reside there. During her career she was National Conference Manager for the Juvenile Diabetes Foundation International and Leukemia and Lymphoma Society of America, Inc. In 1988 she formed her own meeting planning company for the purpose of doing medical meeting planning and travel. While planning national and international events, she gained much of her travel experience, especially where special needs travel was concerned. In 2002 she formed Mainly Special Needs Travel. She is currently a Certified Accessible Travel Advocate, instructor at Bergen Community College and a long-time member of the Society for Accessible Travel & Hospitality. The inspiration for all this came from her mother, Peggy who bravely endured strokes in 1996—and had no intention of staying home. Ms. Cutrupi now uses her expertise to help others.

Trevor Dyson-Hudson, MD
Co-Director, NNJSCIS, Director, Spinal Cord Injury Research, Kessler Foundation & Associate Professor, Department of Physical Medicine and Rehabilitation, Rutgers New Jersey Medical School
www.kesslerfoundation.org

Trevor A. Dyson-Hudson, M.D. is the Director of the Spinal Cord Injury Research and Outcomes & Assessment Research at Kessler Foundation and Project Director of the Northern New Jersey Spinal Cord Injury System (NNJSCIS)—a NIDILRR-funded Spinal Cord Injury Model System of care. He is an Associate Professor in the Department of Physical Medicine and Rehabilitation (PM&R) at Rutgers New Jersey Medical School and a Member of the Graduate Faculty at Rutgers Graduate School of Biomedical Sciences. Dr. Dyson-Hudson received his medical degree from the Albert Einstein College of Medicine in 1995. In 1992, while he was a 3rd-year medical student, Dr. Dyson-Hudson sustained a SCI (C6 tetraplegia, complete) while playing rugby football. Following a year of rehabilitation, he returned to medical school and graduated in 1995. He completed an internship at the AECOM in 1996 and a Rehabilitation Research Fellowship in 2000 in PM&R at New Jersey Medical School and the Center for Complementary and Alternative Medicine for Stroke and Neurological Disorders at Kessler that focused on the area of SCI pain. Dr. Dyson-Hudson’s research interests include preservation and restoration of function and mobility in persons with SCI and the prevention and treatment of common secondary medical complications affecting this population. Dr. Dyson-Hudson holds committee appointments in the American Spinal Injury Association (ASIA) and the American Paraplegia Society (APS)/Academy of Spinal Cord Injury Professionals (ASCIP) and is on the APS Board of Directors.

Gail F. Forrest, PhD

Associate Director, Human Performance and Engineering Research, Kessler Foundation & Associate Professor, Department of Physical Medicine and Rehabilitation, Rutgers New Jersey Medical School

www.kesslerfoundation.org

Gail F. Forrest, PhD, has experience and expertise in the field of biomechanics, motor control and neuroplasticity. Dr. Forrest is associate director of Human Performance and Engineering Research at Kessler Foundation and associate professor of Physical Medicine and Rehabilitation at Rutgers New Jersey Medical School. She is the director of the Kessler site for the NeuroRecovery Network, a national initiative of the Reeve Foundation that studies the application of intensive locomotor training for individuals with paralysis. Dr. Forrest has presented and published extensively in the area of neuroplasticity and musculoskeletal changes in individuals with spinal cord injury. Dr. Forrest spearheads Kessler Foundation's exoskeleton-assisted walking research in this population, a novel line of research with Federal and State funding that involves collaboration with research universities. Her studies evaluate the effect of exoskeleton-assisted walking on mobility, gains in walking, and the secondary complications associated with spinal cord injury—such as the deleterious effects of immobility on muscle and bone.

Steven Kirshblum, MD

**Co-Director NNJSCIS, Medical Director and Director of Spinal Cord Injury Services, Kessler Institute for Rehabilitation
Professor, Department of Physical Medicine and Rehabilitation at Rutgers-New Jersey Medical School**

www.kessler-rehab.com

Dr. Steven Kirshblum is nationally recognized for his work in the area of spinal cord injury rehabilitation and research. Dr. Kirshblum received his medical degree from the University of Health Sciences/Chicago Medical School and completed a residency in physical medicine and rehabilitation (PM&R) at Mount Sinai Hospital in New York City, where he was a chief resident. He became board certified in PM&R in 1991 and was one of the first physicians in the country to receive special certification in spinal cord injury medicine in 1998. He joined Kessler Institute in 1990.

As the Co-Project Director of the Northern New Jersey Model Spinal Cord Injury System, one of only 14 federally-designated model systems in the country, Dr. Kirshblum oversees rehabilitation research and patient care. He is also a professor of rehabilitation medicine at Rutgers - New Jersey Medical School and serves as the program director for the Spinal Cord Injury Medicine Fellowship program. He is the President of the Academy of Spinal Cord Injury Professionals (ASCIP), Chair of the International Standards Committee for the American Spinal Association (ASIA) and a member of numerous advisory boards and foundations for spinal cord research.

Dr. Kirshblum is a prolific writer and researcher, with more than 200 publications related to spinal cord injury and education issues. He is editor of the textbook, *Spinal Cord Medicine*, and has also written a children's book on spinal cord injury. Dr. Kirshblum has delivered more than 500 lectures nationally and internationally. He has been honored for both his clinical and

administrative work, including being named among the "Best Doctors in America," "Best Doctors in New York" and "Best Doctors in New Jersey" every year for the last decade. Dr. Kirshblum has been honored by many spinal cord injury societies and organizations for his contributions to spinal cord injury care and research.

Mary Shea, OTR/L, ATP

Clinic Manager, Wheelchair Services, Kessler Institute for Rehabilitation

www.kessler-rehab.com

Mary Shea is an occupational therapist who has been working with clients with neurological injuries for the past 24 years. She is the clinical manager of wheelchair services at Kessler Institute for Rehabilitation. Ms. Shea is an adjunct professor in the occupational therapy departments at NYU and Mercy College and is a guest lecturer for assistive technology and spinal cord injury in the occupational therapy departments at Long Island University and SUNY Downstate Medical Center. Ms. Shea maintains a small private practice, has authored textbook chapters and articles, and has presented wheelchair-related workshops both nationally and internationally.

Wise Young, MD, PhD

Richard H. Shindell Chair in Neuroscience

Founding Director, W.M. Keck Center for Collaborative Neuroscience

Distinguished Professor of Cell Biology & Neuroscience

Rutgers, The State University of New Jersey

Distinguished Visiting Professor, The University of Hong Kong

<http://keck.rutgers.edu/>

Dr. Young is recognized as one of the world's outstanding neuroscientists. He obtained a Bachelor of Arts degree from Reed College, a Doctorate from the University of Iowa and a medical degree from Stanford University. After a surgery internship at New York University and Bellevue Medical Center, he was invited to join the neurosurgery department at NYU. In 1984, he became director of neurosurgery research. In 1997, as part of Rutgers' commitment to the future, Dr. Young was recruited to establish and direct a world-class center for collaborative neuroscience.

Dr. Young is committed to bringing treatments to people with chronic spinal cord injuries. Dr. Young led the team that discovered and established high-dose methylprednisolone (MP) as the first effective therapy for spinal cord injuries. This 1990 work upended concepts that spinal cord injuries were permanent, refocused research, and opened new vistas of hope.

Dr. Young's leadership has fostered collaboration among researchers to accelerate the pace of discovery. Dr. Young developed the first standardized rat spinal cord injury model used worldwide, which helps researchers in different laboratories compare their findings and conduct work more efficiently. Dr. Young formed the first consortium funded by the National Institutes of Health (NIH) to test promising therapies at multiple research centers. He has helped establish outcome measures needed to assess the effects of experimental treatments. Dr. Young founded and served as editor-in-chief of the *Journal of Neurotrauma* and organized the National and International Neurotrauma Societies as forums for scientists to share discoveries and collaborate on spinal cord injury and brain research. He has built and trained a

twenty-five center clinical trial network in China, Taiwan, and Hong Kong where human clinical trials using umbilical cord blood mononuclear cells and lithium to treat people with chronic spinal cord injuries are now underway. He now is establishing clinical trial networks in the United States, Norway, and India.

Well-known as a leader in spinal cord injury research, Dr. Young's work has been featured in a Life magazine special edition, USA Today, and innumerable national and international news, talk, and print publications. He has served on advisory committees for the NIH and National Academy of Sciences, and on advisory boards for many spinal cord injury organizations. Dr. Young also developed the CareCure Community (<http://carecure.org>)--the largest online SCI community. He has received numerous honors for his contributions to spinal cord injury research.

PANELIST BIOGRAPHIES

Charles Fleisher, The Opportunities Guy

<http://oppguy.com>

Charles Fleisher specializes in inspiring corporations, organizations, and individuals to identify and use their challenges as their greatest opportunities. Mr. Fleisher uses his recognition of how his tragic spinal cord injury in 1988 actually created opportunities in his life. Opportunities including starting and running a nursing agency since 1997 and becoming an author. Mr. Fleisher presents keynotes and seminars on leveraging change into opportunities. He is the author of *The Secret of Difficulties: 4 Steps to Turn Tragedies into Opportunities*. He is the founder of Beyond Wheels, an organization devoted to promoting sports and recreation and sharing employment resources for people with mobility challenges. He received the ThinkFirst National VIP Award 2013, The Francis A. Black Humanitarian Award in 2009, and the Alvin Sloatsky Exemplary Lifestyle Award for an individual in 2007. Mr. Fleisher also has a BA from Rutgers University.

Mr. Fleisher devotes his life to showing audiences how they can overcome and leverage everyday difficulties, and how if they choose to embrace their struggles head-on, those difficulties can and will provide them with remarkable opportunities. Opportunities to succeed in business. Opportunities for self-improvement and growth. And opportunities to build strong relationships. His motto is "Identify difficulties, take them head-on with action, and they will become your greatest opportunities."

Ronald Moore
Spinal Cord Injury Services Assistant
SCI Peer Program Director
Kessler Institute for Rehabilitation
www.kessler-rehab.com

Mr. Moore graduated with a BS in psychology from Fairleigh Dickinson University. He currently serves important roles in the SCI program at Kessler Institute for Rehabilitation, including SCI Services Assistant and Peer Program Coordinator. Mr. Moore is also a Think First Program Voice for Injury Prevention, and President of the Independence Project, which is a non-profit organization that is directed toward helping individuals with physical disabilities to become more independent through providing medical equipment and educational scholarships. Mr. Moore sustained a C6 spinal cord injury 22 years ago from a fall. He has participated in riding roller coasters, glider flying, skydiving, surfing, and has traveled domestically and to the Caribbean islands.

Maggie Redden
<http://www.teamusa.org/para-track-and-field/athletes/Maggie-Redden>

Maggie Redden has worn many hats in her life including being a Paralympian (Beijing 2008), harpist who performed at Carnegie Hall, Penn State graduate, and Ms. Wheelchair New Jersey 2013. None of that would have been possible had it not been for a stroke of luck. She was adopted from India at age two, after having contracted Polio as an infant. After spending 2012 abroad, living and working at a home for orphan girls (some with severe disabilities) in Kolkata, India, Ms. Redden realized what life could have been like for her. She decided to pursue a Masters of Public Administration degree, which she completed in 2015, so she could better effect change and help others live life to its fullest potential.

Ms. Redden currently works for Social Security in their Office of Disability Adjudication and Review (ODAR) and serves as a board member for Tri-State Wheelchair & Ambulatory Athletics. Ms. Redden says, "I have never let my disability define me and owe a lot of my uniqueness to it."

Paul Ward

Paul Ward has his BS and MS in Sport Management from the University of Illinois as well as an ADA Coordinator Certification from the University of Missouri. He is completing his second year with the New York Yankees as a Coordinator of Disabled Services and Guest Relations. Paul currently plays wheelchair basketball with the New York Rolling Knicks and enjoys kayaking, reading, cooking and traveling when possible. He has a passion for trying to make things accessible for all people with disabilities. Paul grew up in Allendale, NJ and currently resides in White Plains, NY.



RESOURCE EXPOSITION PARTICIPANTS

- 1. Alan T Brown Foundation**
Address: 19 West 44th Street, Suite 1519, New York, NY 10036
Phone: (212) 944-8727 (Toll Free: 888- 382-9255)
Email: info@atbf.org
Web: www.atbf.org
- 2. Christopher & Dana Reeve Foundation**
Paralysis Resource Center
Address: 636 Morris Turnpike, Suite 3A, Short Hills, NJ 07078
Phone: 800-539-7309; Email: infospecialist@ChristopherReeve.org
Web: www.paralysis.org
- 3. Disability Rights New Jersey**
Susan Head
Senior Staff Advocate, Disability Rights New Jersey
Address: 210 South Broad Street, 3rd Floor, Trenton, NJ 08608
Phone: (800) 922-7233 (toll free); (609) 984-8263 (TTY); Email: advocate@drnj.org
Web: <http://drnj.org/>
- 4. Drive-Master Co., Inc**
J. Shelby Wells, Senior Mobility Consultant
Address: 37 Daniel Road West, Fairfield, NJ 07004
Phone: 973-277-3437 (mobile, 7 days & evenings), 973-808-9709 (office, business hours)
Email: Shelby@drivemastermobility.com
Web: www.drivemastermobility.com
- 5. Fun Truck'n Mobility (home of Wheelchair Getaways of New Jersey)**
Kevin Zitko & Delonte Williams, Mobility Specialists
Address: 255 US Highway 46 West, Saddle Brook, NJ 07663
Phone: 973-546-1900; Email: npodence@ftmobility.com
Web: www.ftmobility.com

6. **Hollister Incorporated**

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7. **Kessler Foundation – Research Opportunities**

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8. **Mainly Special Needs Travel**

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Web: www.mainlyspecialneedstravel.com

9. **MobilityWorks**

Don Dufty, Certified Mobility Consultant
Phone: 877-275-4907
Web: <https://www.mobilityworks.com/>

10. **National Seating and Mobility Northeast (NE)**

Represented by Andres Ferriera, ATP
For services, contact Jessica Spir, Office Administrator
Phone: 800-321-4442 x 342 (Jessica)
Email: Jessica.Spir@nsm-seating.com

11. **New Jersey Division of Disability Services**

NJ Department of Human Services
Address: P.O. Box 705, Trenton, NJ 08625-0705
Phone: 888-285-3036
Web: <http://www.state.nj.us/humanservices/dds/home/index.html>

12. **New Jersey Division of Vocational Rehabilitation**

Phone: 609-292-5987; Email: dvradmin@dol.state.nj.us
Web:
http://careerconnections.nj.gov/careerconnections/plan/foryou/disable/vocational_rehabilitation_services.shtml (See link on this page for DVRS Field Office Locations and Contacts for specific contact people in your county)

13. **New Jersey Transit – Access Link**

Yamilka Dabudy, Customer Relations Specialist
Phone: 800-955-2321 (Select Option 5 for Customer Service)
Email: adaservices@njtransit.com

14. **Numotion**

Janet Siciliano
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Web: Numotion.com

15. **Rowheels**

Aimee Richey
Eastern Regional Sales Manager Rowheels
Phone: 812-577-5196; Email: Aimee.Richey@Rowheels.com
Web: www.rowheels.com

16. **United Spinal Association**

Resource Center
Phone: (800) 962-9629
Web: <https://www.unitedspinal.org/> (page to send email can be found at "Contact Us" link)



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