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E-NEWSLETTER

December News

Sam Schmidt Paralysis Foundation/ASIA Present Grant for Study Focused on Axon Regeneration



The Sam Schmidt Paralysis Foundation in partnership with the American Spinal Injury Association (ASIA) Sell Research Fund presented the first inaugural "Young Investigator Award" to Mousumi Ghosh, Ph.D. of the University of Miami, on September 25, 2009. The \$15,000 award is designed to provide funding to a post doctoral researcher whose work has contributed substantially to the field of spinal cord injury medicine. Ghosh's project entitled, "Addressing the Technical Limitations of Studying Axonal Regeneration in a Clinical-Relevant Contusive Spinal Cord Injury Model through Ex Vivo 3D Ultramicroscopy" focused on the use of three dimensional microscopy, a new state-of-the-art imaging method, for assessing the changes that occur during axon regeneration. Previous equipment was only two-dimensional, which didn't allow it to be known if axons had regenerated from injury, or whether they had been spared, or were the result of sprouting. The project answers the following questions: Which axons are injured and which ones are spared? What effect do Schwann cells implanted into the injured spinal cord have? What impact will this method have as a research tool for the SCI community in the future? "We are extremely excited to support this award in its inception," said Ida Cahill, President of SSPF. "The invaluable research that these individuals engage in brings us one step closer to finding a cure for paralysis."

A native of India, Dr. Mousumi Ghosh received her undergraduate degree from the University of Poona in Pune, India and graduate education from the University of Calcutta in Kolkata, India. Between 1995 and the present, she was a research associate in biochemistry at the University of Georgia, a postdoctoral fellow in biochemistry at West Virginia University, a postdoctoral fellow in pharmacology and physiology at the University of Rochester. She was nominated by Dr. Damien Pearse, her mentor at the University of Miami where she currently a postdoctoral associate.

The Sam Schmidt Paralysis Foundation has committed to support the award for a minimum of five years. Funding provided by the Foundation is being matched by the ASIA Sell Research Fund. Nominations are accepted from ASIA members only, to insure the mission of the association is reflected in the work of the nominees. For more information on the award or study please contact the American Spinal Injury Association at ASIA_Office@shepherd.org.

A Message from Our President

Great NonProfits

Several websites have been developed that review and compare nonprofit organizations. One of the most well known of these websites is called "Great NonProfits". The Sam Schmidt Foundation has been listed as one of these Great NonProfits. You are encouraged to share your knowledge and help other people discover trustworthy nonprofits like ours that are working hard to make a difference. To read reviews or write your own, click [here](#).

2010 Calendars - Great Holiday Gift Idea!



Calendars make great holiday gifts, and the new Indy Racing League Style 2010 (16 month) calendars are selling like hotcakes. But there's still time to order yours! Each month features a different Indy Racing League star, with information from an "up close & personal" point of view. This colorful calendar is 12"x12" (12"x24" open). All proceeds benefit the Sam Schmidt Paralysis Foundation. To place your order, visit our website, <http://samschmidt.org> or contact davidw@umponline.com.

The 2010 calendar was made possible by David Wills, United Medical Providers, and Tom Villardi, SSPF Board member and owner of JMCK Express. We would like to thank them for their efforts on behalf of the foundation and the people we both serve.

by Ida Cahill, President & CEO

As 2009 draws to a close, I want to say a heartfelt thank you to our friends, supporters, and volunteers who helped us this year. Your efforts help fund paralysis research and quality of life grants throughout the world. You continue to touch the lives of so many people.

Even in this uncertain economy, our major 2009 fundraising events were very successful and precious dollars were raised. We are looking forward to 2010 with renewed optimism and hope and look forward to seeing you at some of the activities planned.

We funded record levels of research in 2009 and provided more Quality of Life grants than ever before. We hosted over 500 people at our Day at the Races programs, including wounded soldiers, children and their families, and provided them with resource materials, the opportunity to network with others who are paralyzed, and to hear Sam's message of inspiration and hope. Many of our guests simply do not have the disposable income to attend a movie, take a vacation, or buy a ticket to an IndyCar race. According to a recent survey the majority of people with paralysis live on less than \$25,000 a year and a great many on less than \$10,000 a year. Because of you and your support, our guests had an enjoyable day, telling us they've never been treated as VIP's before.

Like many of you we are putting budgets together for next year. We hope you will consider making a year-end tax deductible contribution to SSPF by donating online at <http://samschmidt.org>. Click on the **Make a Donation** button.

If you prefer, you can mail your check to:

Sam Schmidt Paralysis Foundation
P.O. Box 3661
Princeton, NJ 08543-3661



Thank you so much for your support. Have a Wonderful Holiday Season and a Happy, Healthy, and Prosperous New Year!

People We Know

Over the past few years the Sam Schmidt Paralysis Foundation has made many new friends. Pictured here are two of them - Russ Bray & Barry Lindemann of the Canadian Paraplegic Association in Calgary, Alberta, who organized the first SSPF golf tournament in Calgary. Thank you, Russ and Barry!



Russ Bray & Barry Lindemann

Upcoming Events in 2010

March:

- Run, Walk & Wheelathon, Honda Grand Prix of St. Petersburg, FL
- Day at the Races, St. Petersburg, FL

April:

- Parnelli Jones Private Museum, Torrance, CA
- Day at the Races, Long Beach, FL

May:

- Annual May Gala, Indianapolis, IN
- Day at the Races, Indianapolis, IN

June:

- Day at the Races, Newton, IA

July:

- Run, Walk & Wheelathon, Honda Indy, Toronto, Canada
- Day at the Races, Toronto, Canada

August:

- Day at the Races, Mid-Ohio
- Run, Walk, & Wheelathon, Infineon Raceway, Sonoma, CA
- Day at the Races, Chicago, IL

September:

- Day at the Races, Sparta, KY

October:

- Run, Walk & Wheelathon, Las Vegas, NV

November:

- 5th Annual Racing to Recovery Golf Tournament, Las Vegas, NV

* Visit our website for more information or to register for these events.



Sam Schmidt & Ida Cahill speaking at a Day at the Races event.

Our mailing address is:

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